

46.9.33

The regiment
of life, wherevnto is
added a treatise of the
pestilence, with the Booke
of children, new-
ly corrected
and
enlarged by Tho-
mas Phaire.



三、四、五、六、七、八、九、十、十一、十二、十三、十四、十五、十六、十七、十八、十九、二十、二十一、二十二、二十三、二十四、二十五、二十六、二十七、二十八、二十九、三十、三十一、三十二、三十三、三十四、三十五、三十六、三十七、三十八、三十九、四十、四十一、四十二、四十三、四十四、四十五、四十六、四十七、四十八、四十九、五十、五十一、五十二、五十三、五十四、五十五、五十六、五十七、五十八、五十九、六十、六十一、六十二、六十三、六十四、六十五、六十六、六十七、六十八、六十九、七十、七十一、七十二、七十三、七十四、七十五、七十六、七十七、七十八、七十九、八十、八十一、八十二、八十三、八十四、八十五、八十六、八十七、八十八、八十九、九十、九十一、九十二、九十三、九十四、九十五、九十六、九十七、九十八、九十九、一百。

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set to direct a team

Salmonella typhimurium

2000-01-01

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The pꛛeface to the booke of children.



Although (as I doubt
not) euery good man will en-
terpꛛete this wooꝛke to none
other ende, but to be for the
comfoꛛt of them that are di-
seased, and will esteeme no
lesse of me by whom they pꛛofite, than they
will be glad to receiue the benefites. Yet
foꛛasmuche as it is impossible to auoide the
reethe of malicious enuy. I thought it not
vnnecessary to pꛛeuent the furies of some,
whiche are ener gnawing and biting vpon
them that further any godly sciences. To
those I pꛛotest, that in all my studies I ne-
uer intended nor yet doo entende to satis-
fie y^e myndes of any suche pikefautes (which
will doo nothings but detract and iudge o-
ther, smutting at all that offendeth the no-
ses of their momushe affections, howe soe-
uer laudable it be otherwaies:) But my pur-
pose is here to doo them good that haue
moſte nede, that is to saie, children: and to
shewe the remedies that god hath created
foꛛ the vse of man, to distribute in englishe
to the y^e are vnlearned, part of the treasure
that is in other lāguages, to pꛛouoke them
A.ii. that

A p̄face

that are of better learninge, to vtter their knowlege in suche like attemptes: finally to declare that to the vse of many, whiche oughte not to be secrete for lucre of a fewe: and to communicate the fruite of my labours, to them that wil gently and thankfully receiue them, whiche if any be so proude or supercilious, that thei immediately wil despise, I shall frendly desire them, with the wordes of Horace: *Quod si meliora nouisti, L audius imparti, si nō, his utere meū,* If they know better, lette vs haue parte: if they doo not, why repute they at me: why condemne they the thinge that thei can not amende: or if they can, why dissimule they their cunning: how long wolde they haue the people ignorant: why grutch they physicke to come forth in Englishe: would they haue no man to knowe but onely they: Or what make they them selues: Marchantes of our liues and deathes, that wee shuld bie our health onely of them, and at their prices, no good physicion is of that minde. For yf Galene the prince of this arte beinge a Grecian wrote in the Greke, kinge Auicenne of Arabie in the speache of the Arabians: If Plinius, Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue: Marsilius Ficinus (who al me assent

to the Reader.

assent to be singularly learned) disdained
not to write in the language of Italy: gene-
rally if the entent of all y^e ever set forth any
noble study, haue been to be read, of as ma-
ny as wold. What reason is it, y^e we shulde
huther muther here amonge a fewe, the
thing that was made to be common vnto
al: Chyiste saith: No manne lighteth a can-
dell to couer it with a bushell, but setteth it
to serue euery mans nede: And these go a-
bout, not onely to couer it when it is ligh-
ted, but to quenche it afore it be kyndled
(yf they might by malice) whiche as it is a
detestable thinge in any godly science: so
me thinketh in this so necessary an arte, it
is exceding damnable and diuelishe, to de-
barre the fruition of so inestimable benefi-
tes, which our heauenly father hath prepa-
red for our cōforte and innumerable bles-
singes, wherewith he hath armed our impotent
nature against the assautes of so many sick-
nesses: wherby his infinite mercy & aboun-
dant goodnes is in nothing els more appa-
rantly confessed, by the whiche benefites,
as it were with moste sensible argumētes,
spoken out of heauen, he cōstraineth vs to
thinke vpon our owne weaknes, & to know-
ledge, that in all fleshe is nothing but mis-
ery, sickness, sorowes, sinne, affliction, and
A.iii. death,

A p̄face to

death, no not so muche strength as by oure
own power, to relinc one mebre of our bo-
dies diseased. As for y^e knowledge of medi-
cines, cōfort of herbes, maintenannce of
health, prosperitie & life, they be his benefi-
tes, & procede of him, to the end y^e we shuld
in cōmō helpe one an other, & so liue togi-
ther in his lawes & cōmandementes: in the
which doing we shall declare our selues to
haue worthily employed thē, & as fruitefull
seruaūtes, be liberally rewarded. Other-
wise, vndoutedly y^e talente whiche we haue
hiddē shalbe digged vp, & distributed to thē
that shall be moze diligent: a terrible con-
fusion afore so hie a iustice, and at suche a
courte, where no wager of lawe shall be
taken, no proctour limited to defende the
cause, none exception allowed to reproue
the witnes, no counsell admitted to qualifie
the gloses, y^e very bare terte shall bee there
alleged. Cur non posuisti talentum in senus?
Why hast thou not bestowed my talent to
the bauntage. These and suche other exam-
ples, haue enforced me beinge oftentimes
exercised in the study of phisike, to deriue
out of the purrest fountaines of thesame fa-
cultie, suche holosome remedies, as are most
approued, to the consolation of them that
are afflicted, as farre as God hath giuē me
vnderstanding

vnderstanding to perceiue: folowing therin
 not only the famous and excellēt authours
 of antiquitie, but also the men of highe lear-
 ninge nowe of oure daies, as Banardus,
 Fuchsius, Ruclius, Mula Campegius, Se-
 bastia, of Austrik, Dtho Brunfelsius, Leo-
 nelus. &c. w diuers other for mine oportuni-
 tie, not mitting also y good & sure experimē-
 tes y ar found profitable by y daily practise.
 And where as in the regiment of life, which
 I translated out of the frenche tongue, it
 hath appeered to some, more curious than
 needeth, by reasone of the straunge ingre-
 dience, whereof it often treateth: We shall
 know that I haue in many places amplifi-
 ed thesame, with suche common thinges as
 may be easily gotten, to satisfie the mindes,
 of them that were offended: or els conside-
 ring that there is no money so precious as
 helth, I wold think no spice to bere, for mai-
 tenance ther of. Notwithstanding I hope to
 see the time, whan the nature of Simples
 (whiche haue been hitherto incredibly cor-
 rupted) shall be reade in Englishe, as in o-
 ther languages: that is to saie, the perfect
 declaration of the qualities of herbes, sedes,
 rootes, trees, and of all commodities that
 are here amongst vs, shall bee earnestlie
 and truely declared, in our owne native

A pzeface to the reader.

speche, by the grace of god. To the whiche
I truste all lerned men (hauinge a zeale to
the common wealth) will apply their dili-
gent industries: surely for my part, I
shal neuer cease, during my breath,
to bestowe my labour to the fur-
theraunce of it (till it come to
passe) even to the vter-
most of my simple
power. Thus
fare
ye well gentill
readers.



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There beginneth the Rege-
ment of life, and first of the
nature of mans body.

The humours whyche be in nature,
and how they are deuyded.



The body of man is
compacte of foure hu-
mours, that is to saye,
bloud fleume, Choler,
and Melancoly, whyche
humours are called the
sonnes of the Elementes
because they be complexioned like the foure
Elementes. For lyke as the ayre is hote &
moist: so is the bloud hote and moyste. And
as fier is hote and dry: so is cholere hote &
dry. And as water is colde and moyste: so is
fleume colde and moyst. And as the earth is
colde and dry: so melancoly is cold and dry.
Whereby it appeareth, that there bee nine
complexions. Wherof. iiii. be simple, that is
to wete hote, colde, moist, and drye, and. iiii.
complexions compounde: that is, hote and
moist, whych is the complexion of the aire
and of bloud. Hote and drye, whyche is the
complexion of the fier, and of choler. Colde
and moyst, which is the complexion of the
water

The Regiment.

water and of fleume: and cold and dry, that is the complexion of earth and of melacholy. The ninth complexion is temperate, neither to hote nor to colde, nor to moyste nor to dry, whych is yet a thynge very seldome scene among men after the phisicions, the sayd foure humours gouerne and rule euery one in his place, and enduce men to be of the complexions folowynge.

The complexions of the Fleumatyke.

If come enclpnyeth a man to be. Mel-
fourmed. A sleaper. Dul of vn-
derstanding. Full of spattel.
Full of coloure.

The complexions of the sanguine.

Blood causeth one to bee. Full of
fleshe. Liberall. Amiable, Curteis
Very, Inuentiue. Bolde. Le-
cherous. Of redde coloure.

The complexions of the Cholerike.

Choler causeth a man to bee Vassye.
Enuyous. Couetous. Subtil. Cru-
ell. A watcher. Prodiggall. Leane,
and of yelowe coloure.

The

of Lyfe.

The complexions of the Melancholyke.

Melancoly maketh one. Solitarie.
Softe spirited. Fearefull. Heauy
Curious. Enuious. Couetous.
Blacke of colour.

These be the foure humours wher of the
bodies are compounded, and euery one of
them hath a speciall dominion in respect of
al the other, according to the age, that is to
say, from a mans natiuitie, tyll he come to.
xxx yeares, the bloud hath moste power, &
from that tyme to the yere of hys age. xxxv.
reigneth the choler, for then commeth heat
into the vaynes, and the choler begynneth
to aryse and be strong. Then commeth mid-
dle age, and byngeth forth melancholy, an
humoure colde and dry, and hath his indu-
rance til fifti yeares, or therabout, at which
time all the humours begynne to dymynish
and the naturall heate by littell and lyttle
doeth abate. And then succedeth old age vn-
to death, in the which age phlegme hath the
principal power and dominion. Wherefore
it shalbe necessary for all that be of that age
to comforte their bodies with some natural
heate and meates of good nourishinge, as
yolkes

The Regement.

volkes of egges potched, good and younge
fleshe, wheate bread, and good wyne, and al
suche thynges as ingender a good bloude &
spirites, wherof we entende (by the sufferace
of god) to declare the more aboundantly here
after.

There foloweth the description of inwarde
and outwarde diseases, with the moſte hol-
some and expert remedies for the cure
therof, appropriate to euery mem-
ber throughe out the
bodye.

The firste Chapiter, of the sickenesse and remedies of the hedde.

Hedde ache chaunceth often times of
diuers and sondry causes, as of bloud
cholere, fleume, or melancholie, or of
ventositie, and sometymes of heate of the
sunne, or of to great colde of thaire.

We may knowe hed ache when it cometh
of bloud, for in the face and eyes there ap-
peareth a darke rednes, pricking, and heat-
nes with heate.

Remedye.

We must let him bloud on the hedde vein,
on that side that the peine is on, then lay v-
pon the place oyle of roses, Vineger, & rose
water

water, or a baggwe with roses spinkled w
rose water. And here is to be noted, aswel in
this cause as all ether, that if his bellye bee
harde and bound, first ye must geue him an
ease Clifter, or els halfe an ounce of Cassia
newly drawe out of the cane, or some other
ease laxatiue to prouoke the ductye of the
wombe, els all applications of medecines,
wyl be nothyng woorth at all.

One maye knowe head ache that proce
deth of choler, when in the face there is a
cleare rednes, enclining somewhat toward
pelow, holownes of the eyes, and the mouth
dye and hote: and some tymes bytter nesse,
small rest, great heate wyth sharpe peyne,
chieflye on the ryght syde of the head.

Remedye.

Ye muste geue him mozne and euen to
drynk, In tyme of violettcs, or pomegranades
wyth a meane draught of endyue water in
a glasse, or of cummyne water sodde and co
led againe. And in steade of these syrups ye
may drynke water of endyue, succory, purs
lane, and Penuphar myngled together, or
one of them by themselves, two or three daies
at eueninge and mornynge. Then geue a
dramme of Pillule sine quibus, at night to
bedwarde, or aboute mydnyght, and y day
folowpng kepe you in your chamber. In
scds

The Regement.

Stede of those pyles, it is good euerye moꝝnyng to take an houre afore sunne, a medicine to drynke, that shalbe made of halfe an ounce of Succo rosarum, mixte wyth two ounces of water of endiue. In stede of the sayd Succo rosarum, ye may take halfe an ounce of Diapranis laxatiue, and ye muste take hede in geuing suche purgacions, that the payente be stronge, for if he be weake, ye may geue hym but the halfe of the sayed pyles or of the other laxatyues. And if in diminishing the quantitie of the sayd medicines, it worketh not wyth the payente as it should, it is conuenient to geue hym a common glister.

¶ Another remedy for the same payne.

Ye must lay thereon a lynnē cloth moysted in rose water, plantayne water, mozell water, and vineger, or els take the iuyce of lettuce and roses, and a little vineger, and warme it together, and dyppe therin a lynnē cloth, and laye it to the payne.

¶ Another.

Ye must take the whytes of .ii. egges w rose water, and beate it well together, and with tolwe or flare, lay it to y greued place. Also ye muste shauē hys head, and mylke theron womans mylke, that nouryssethe a wenche,

of Aife.

menche, or washe his head with warme water, wherein haue bene sodde vine leaues, sage, flours of water lilies and roses. Also it is necessarie to washe his fete and legges with the saide water, so that the pacient haue no reumie: for if there be reumatike matters, ye ought nether to shauce his hed, wash his legges, nor to lay any colde thinge or moist to his head. Ye may know that fleume is cause of the pain in the head, when ye fele coldnes with greate heuinesse: specially in the hinder parte: when one spitteth often, and hath his face like sunne bzent.

Kemedy.

Ye must drinke. iij. or. iiii. morninges sirupe of scicados with water of fenell, or sirupe of wormewood, with a decoction of sauge and maioram. Then ye muste purge the head from the said fleume, with pillule cochie, and with pilles of agarici, or pillule auree made with one of the said sirupes, siue in a dramme, and take. iiii. or. v. at night to bedwardes, or about midnight. Or in steede of those pilles ye may take a potion in the morninge. v. houres afore meate, made of halfe an ounce of diacartamy dissolved in. ii. or. iiii. ounces of betonie. After that ye oughte to comforte the head, by wearinge of a coife, made of double linnen clothe, and
sowed

sowed like a cotten quile, wherin ye muste put floures of camomill, maioram, cloues, nutmigs, maces, graynes of Paradise and suiamome in pouder, for suche thinges digeste the fleume, so that a purgation be geuen of the said pilles, or of pilles assigareth, or pilles of hierapicra, which arnot so laxative, as the other are.

After the saide purgation, ye must put in the nose of the pacient, pouder of pellitory of Spain or other, to make him to nese. Also it is good to gargarise his mouth, with water wherin sage hath ben sodden, and then to annoint his head with oyle of lilies, camomill, or of rewe.

Beside this, it is good to geue the pacient euery morninge to drinke, sagewine with water, to consume the fleume, and to comfort the braine and the sinewes. The saide wine is thus made.

Put a litle bagge full of good sage bruised, in a quart of newe wine, and let it stāde so a night, then wring it out, and vse it. Suche wine of sage the inhabitants of Parise and France, vse to drinke after harueste all the winter longe.

When peine of the head procedeth of melancholic, the pacient feelth heuines of the head, and hath terrible dreames, with great care

care and thought of feare, and hys peyne is specially vpon the left syde.

Remedy.

Take sirupe of borage, hartes tonge, or fumitorye, wyth water of buglosse, & hartes tongue, or wyth the decoction of sage or cyne, for by these sirupes ye shall digest and correct the sayed melancolike humoures, and wythin a whyle the peyne will be released. And if it ceasse not for these medicines, after ye haue vsed.ii. or thye. daies one of the sayd sirups, or.ii. or.iii. of them to gether, take a dramme of pilles, half auret and halfe sine quibus: or els halfe of hiera and halfe of pilles of fumitorye: or in stede of pylls, ye may take in the moynyng fwe houres afore meate. iii. drammes and an halfe of dialene, tempered in water of borage or hoppes, or in the decoction of sage, likorice, great reysyns, and cordial floures and frutes. Head ach cometh of wynde or ventositie, when the patient thinketh y he heareth sounde or noyse in hys head, & the peyne is flyttering from one place to an other, without heuynes or dyscendyng humoures.

Remedy.

B.i.

Lape

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Laye vnto hys head hotte linnen clothes, and make a bagge of gromell sedes and haue salte dyled together in a pan: so procede wyth stronger thynges, if nede require, as in bagges made of maioram, rose marve, rewe, barberies, and iuniper berries layed to the payned place: or wyth the decoction of the foresayde thynges, make fomentacion or embrocation vpon hys head.

An other remedye.

We must take oyle of Camomyll, oyle of Dyll or lylpes, and annoynte the head wyth one of them. or with. ii. or. iii. or al together. If that helpe not, take oyle of lūe Spyke, and of Castor, and annoynte it therewith: and adde thereto a lyttle pepper, and mustarde sede, yf ye would haue it sore chafed or better. Also it is good to drawe vp by the nose water of honye, the iuyce of maioram, and of Fenelle, or masticed with a Nutmidge & Lignum aloes.

Rasis a greate practitioner among Whisicians sayeth: that whosoever oftentimes putteth into hys nose the iuyce of maioram, shall neuer bee diseased in the head. I thynke he meaneth of the great
Maiozam.

Spatozant.

If payne of the head come of heate of the sunne, ye must applye to the places diseased, as it is layed in the remedies of cholere.

But yf the sayed payne procede of coldnesse of the ayre, then vse it as it is sayd afoze in the remedies of fleume.

Here foloweth a regiment agaynste all dyscasses of the heade.

The pacient that is diseased in the head, whether it be of bloud or of cholere, may not drynke wyne, nor cate muche fleshe, whyte meates, nor thinges that geue any great nourishment. But muste bee contented to drynke ptisan, barlepe water: or iuleppe of roses, and to eat roasted apples, damaske prunes almond milke, hulled barley, and pottage made wyth lettuce, fozell, purselane, in broth of peason, or with a chicken or beale if the pacient be feble.

When payne procedeth of a colde humoure, the patient oughte to drynke no wyne in thre of the fyrste dayes, but to drynke onely pennye ale, or suche smalle

B.ii.

drynke

The Regiment.

drynke, for althoughe the wyne bee very comfortable, as concernynge naturall heate, yet it is contrary and hurtefull vnto the spirites anymall of the brayne and also of the synewes.

And the pacyente oughte what payne soeuer it bee of the heade, to forbear all vaporous meates, as garlyke, onions, leekes, pease, beanes, nuttes, mylke meates, spyes, mustarde, great colewortes, salte meates, and meates of yll digestion. Also he muste abstayne from slepe of the daye, and after supper by the space of two houres.

Trouaile of the mynde is verye contrarye, because of the commotion that happeneth vnto the lyuely spirites, which are instrumentes of vnderstandyng, as Auicenn that noble Physician sayeth in the chapter de soda temporali. *Nihil est adeo conueniens sode temporali, sicut tranquillitas et dimissio totius quod commouet sicut sunt fortes cogitationes. &c.* There is nothyng that is so couenient for the meigryne, as tranquyltye and rest, and let all thynges passe that moue the vertue anymall, as great musynges and al labour
of

of the spirytes. And chyeſly one ought after dynner to kepe hym from all thynges that trouble the memoꝛye as ſtudeynge, reacyng, wyꝛtyng, and other lyke.

And foꝛ the better vnderſtanding of the ſyckenes chauncyng in the heade, ye ſhall knowe, that ſome tyme it chaunceth becauſe of other dyleaſed members as of the ſtomake, oꝛ of the mother of the reynes, of the liuer, oꝛ of the ſplene, and not of any cauſe in the head it ſelfe. Therfoꝛe ye ought to cure ſuch ſyckenes by helping of theſame members, as it ſhalbe ſhewed in the chapters folowynge.

And ye may knowe, that the head ache commeth of dyleaſes of the ſtomake when the pacyent hath greate peyne at the ſtomake. Of the mother, when the woman ſeleth great payne in her belly.

Of the reynes, when there is a greate peyne in the backe. Of the ſplene, when he ſeleth peyne and heuynesse there aboute vnder the lefte ſyde. Of the lyuer, when the peyne is on the ryghte ſyde, aboute the liuer, whych is beneth the rybbes.

Remedies appropꝛiate to the head,
of what cauſe ſoener the pain be.

B.iii.

Take

The Regliment.

Take an handfull of Betony, 2 a handfull of Camomyle, and an handfull of veruayne leaues pyked, stape them and seeth them in blacke worste, or in ale for lacke of it, and in the latter ende of the seething, put to it a lyttle comin brayed, the powder of a hartes horne, and the yolkes of two egges, and saffron a litle, stirre them wel about, and lay a plaister hotte ouer all hys foreheade and temples. This is an excellēt remedy also for the meigrime. It shall perce the better if ye adde a lyttle vineger.

An other.

Make a plaister of beane flour, lincseed, and oyle of Camomile, or in lacke of it, goos greese or duckes grece, and rubbe the place with Aqua vite, and after lay the plaister hote vpon it.

An other.

Take a sponnefull of mustarde seede, and an other of bate beries, make them in powder, and stampe them with a handfull of earth wormes, splite and scraped from their earth, and a litle oile of Roses, or of Camomile, or Capones grece, and laye it on the grieve.

Also

Also it is good to take the iuce of Ruse
leaves mixt with oile, and vineger, and to
rubbe therewith your temples, and your
noserhilles.

Also the chestwozmes that are founde
betwene the barks of trees, whyche wyll
tourne themselues together like a beade
when they be touched, if they be taken and
sodde in oyle, it maketh a singuler opnte-
mente for the megrime.

The seconde Chapter, howe to
cure dysleases chauncing
in the face.

LArste as touching a disease cal-
led Gorta rosacea, or copper
face in Englishe, it is an exces-
sive rednesse aboute the nose, or
other places of the face commynge of
brente humours or of salte fleume, which
cannot be holpen, if it bee rooted and olde.

Remedye for the same
if it be curable.

The Regimēt.



Y must geue hym a purgaciō,
as is sayed in the pepne of the
head, commynge of the cholere
then dyppe linnen clothes in
Alume water, whiche shalbee made thus.
Take a pounde of Alume glasse, the iuice
of Purcelane, of Plantaine, and veriuice
of grape, or crabbes, of eche a pynce and a
halfe, wyth the whytes of twentye egges,
and beate them well together wyth y sayed
iuice, then mixt all together, distill it in a
common stillatorye, and keepe the water
for the vse agaynste all pynples, scurfes,
wheales, chafynge, and heatcs y chaunce
in the skynne. The clothes dyppe as is a-
foresayed, must be layed to the rednes, and
oftentymes renewed with other fresh clou-
tes dyped in the same.

Another remedye.

Take lytarge of syluer, and Byrre
stone, of eche lyke muche, and seethe
them in rose water and byneger, and
then wyth a linnen clothe wette in the
sayed byneger, lay it to the soze.

Remedye

Remedy to pallyfie the coppred
face that is vncurable

Make a bath with the floures of camomil, violets, Roses, and flower of water lillies, the anoint y place with vnguentum album, Canphazarum, and mixt that ointmente with a litle yelow Brimstone, & quicksilver killed with fasting spitle, and anoint the place withal.

A water for the same.

A water called lac virginis is very good and Rose water mixt with Sulphur, oile of Tartare, and oile of wheate. Also these thinges are good for Tetters, & other ruggednesse of the skinne. The said lac virginis clarifieth the face, and doleth by moist pimples, and taketh away freckles of y visage, & is thus made. Take. iii. ounces of Litarge of silver fine poudred half a pint of good white vinegre, mixt them together and distille the by filtre, or through a litle bag, or by a pece of cloth. Then take of y same water, and mingle it with water of salte, made with one ounce of salt poudred and halfe a pound of rayn water, or well water, and mingle these waters together, & it wil be white like milke, and with this
rubbe

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rubbe the corrupt place. Some adde alittle ceruse with the litarge, which is good for all rednes of the face.

Here foloweth a generall dyete
for all copperous faces.

Abstain from al salt thinges, spiced, fried meates, and rosted meates. Also from drinke of wine, for it is very euill. Also onions, mustard, and garlick, are veri nought. In stede of which, ye must take purslan, sorrell, lettuce, hopped and borage, with succory or endiue, in porage, or otherwise. Also it is necessarye to be laxatiue, and in sleping, to lay youre head hie.

For rednes of the face that is
not copperosed.

Take a pinte of goates milke, the crumes of one white lose hore, the white of sixe egges, canisere two drames, and the iuice of sixe citrons: mixt all these togither with the said milke, then take all the thre kindes of platayn, and put them in the still vnder the said drugges, and after it an other bead of the same. iii. sortes of plantain, and distill the with an easy fire as ye woulde distil rose water,
and

Of life.

and kepe it in a glasse vessel. And after .xv. daies take a white linnen cloth, and dip in the said water, and lay it to the rednes.

Another for the same.

Water of lilies skiled, with the bloude of an ore, and a little camphere is verye good.

For chopped or scabby lippes.

Anoint them with unguentum album camphoratū, and if there be any corrupte bloud or matter, ye muste washe the place with water of plantain, wherin hath been sodde a litle alum, afoze ye put on the said ointment.

For the same.

Unguentum de tutia and oile of yolkes of egges, be veri good for it. Also it is good to washe the place with plantain water, and barley water together.

For cankers, blcres, and

Poli me tangere.

For as much as Poli me tangere chanceth often in the nose, or about the face, beginninge of a litle hard and rounde kernell or knobbe, and full of paine, declyning towarde a pale and lea- dy couloure, ye may iudge that discale be- ry peri-

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ry perslous, not withstandinge it is good to annoynte it as hereafter foloweth, and also to applye thereto other remedies, as thus.

Take vnguentum album two or three ounces, the iuyce of plantaine and nightshade, of eche halfe an ounce. Tutie the weighte of halfe a crowne, mingle them together, and make an oynment which is good for the same disease.

For wormes in the face.

Although that wormes in y face may not be had out, but with great difficulty: and by long proces, because of the cold humour, wherof they come, nevertheless, forasmuch as oftentimes they happen vnto poore folkes, here shalbe recited a receipt proued for the same disease, which is an ointment of a singular operation: and is thus made.

Take the leanes and rotes of lekes, iuyce them altogether, and take thereof a pinte and a halfe, and put it in a glasse: with an ounce of powder of pellitory, and a scruple of verdegree, and stirre them altogether, and euery daie bath the saide wormes and wheales, with cotten moisted in the saide iuyce,

saue, and stirre it often in the glasse: this is good also for wormes in any other members, and breeding in the sickness called in fraunce, the kinges cull.

A purgacyon whych ye oughte
to take before the layd
bathynge.

TAke half a dramme of good turbithe
and a scruple of giger, half an ounce
of suger, & a litle white wine, mirte,
altogether, and drinke it in the mornynge
twise a weeke warme, and renewe it euery
thre wekes.

For an blered face through
wormes.

Ye must first mundifie the dead fleshe
with bnguetum Egiptiacum, or the pou-
der called precipitatus, and for the perfect
curacion, ye must drie it wel, wherefore it
is good to wash the place often with alum
water, and put therein linte, and if there be
great moistenes at the tyme of desiccation
ye must dippe the same linte in bnguen-
tum apostolorum or ceraseos, with a litle
of the ointmente that folowethe, whiche
ye may safely apply from the beginning
to the ende of the cure, for it hath ver-
tue to

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to clense and incarnate, with gentle mundification and drying.

A synguler opntment for
wormes that matter

TAke oyle of Lillies, oyle of linsede ana, ounces .iii. oyle of Roses, oyle of Virtilles ana, ounces .ii. Litarge of golde and silver, and redde lead, ana, one ounce diaquilon white with gummes .iiii. ounces, Coates tallowe, Hogges grece, of eche .ii. ounces and an half, blacke pitch and colophonie, of eche two ounces, of the iuyce of houndstong .iiii. ounces. Seeth altogether til thei be blacke, and the iuyce be clene consumed, then straine it through a thicke canuase, and after seeth it agayne tyll it bee exceding blacke in colour, and then adde to it cleare turpentine .iii. ounces gumme opponar .ii. ounces and an halfe, white ware as muche as shall suffyse to make a plaister not ouer hard, and put the turpentine and opponar in, when ye take it from the fire. This is an excellent plaister also both for woundes and blcers.

For the same.

It is verye good to laye vpon them the herbe called houndstong stamped with a
little

Of lyfe.

little honey.

Regemente or diete for the
same sicknes.

The paciente in all diseases of the face
must endure hunger as much as is possi-
ble, & eate not much at once. Also he must
holde his head vprighte, and sleepe not on
hys knees, nor elbowes, nor with his face
bowed down. Also he must forbear much
laughyng, speakinge, and great anger.

For the eyes.

Hereafter foloweth diuers medicines
for the eyes, whiche are the windowes of
the minde, for bothe ioye and anger, and
the mooste of oure affeccion, are seen and
openlye known through them, and they
are ordained and made to lighten al the
body, wherunto nature hath geue browes
and eye liddes, to defende them and keepe
them in safetie, and the better to resiste
thinges contrary and hurtfull vnto them.

Yet notwithstandinge, beside many o-
ther chaunces, there happeneth sometimes
a debilitie in the sight, which must be hol-
pen as hereafter foloweth.

Take fenel, verueine, celidone, rue, eie
bryghte and roses, of euery one of them a
lyke

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like muche, and distyl them as ye would distill rose water, and vse a litle therof in your eyes, both in the morning, and when ye goe to bed.

A water proued to clarifye
the dymnesse of the
sight.

Take the iuyce of fenell, of celidonie, rue and eyebright, of eche two ounces, honie an ounce and an halfe, aloes, turie, and sarcocolle, of eche halfe an ounce, the gal of a capon, chickē, or cocke two drammes: Putnigges, cloues, and Saffron, of eche a dramme, sugercandie sixe drāmes, put all in a limbecke of glasse, and distill it. And of this water put in your eyes once in the daye. And yf ye could get the liuer of a hie goate, and myxe with the said thinges in the distillation, that water will bee of muche greater vertue and almost without comparison.

For thesame.

We must vse every daye to eate Putnigges, and to take once in a weeke, a mirabolane condite.

For thesame.

Take a Pie and burne her, and beate
her

her to powder, and mingle it with fenell water, and put it in your eyes. Also water of ponge eyes stilled, is very good. Like wise water of rotten apples; put two or three droppes in the eyes helpeth verie much.

A singuler water for diseases in the eyes; and to clarifie the syghte.

Take the grene walnuttres, huskes and all from the tree, with a fewe walnut leaues, and distill therof a water to drop with in your eyes.

Pylles good for the syghte.

The pylles sine quibus, allwageth with trosciskes of agaryke, and pillule lucis, are excellent good to pouge the brayne, and comfort the syghte.

For peyne of the eyes.

Some tymes peyne of the eyes comethe of blood, and then the beynes of the eyes are redde and swollen, wherfore it is conueniente to be lette blood of the head bein on the syde where the peyne is.

For bloudshoten eyes.

The blood of a Stockedone, or in lacke

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of it an other Doue or pigio, dropped a little in the eie, and a wette cloute there of layed vpon the same, healethe bloudshotte eyes whether it bee of stroke, or any other cause.

Some tyme the sayed payne cometh of Cholere, and then the payente feelthe greate heate, sharpe pyckynge, and muche peine, and commonly there appeareth no gumme in the eies, and if it dooe, it is yelow. Therefore ye ought to geue hym a purgacyon purgynge Cholere, as hath been sayed in the remedye of the hedde, procedynge of the cause of Cholere.

For swelling of the eyes.

Take a Quince and seeth it in water tyll it bee softe, then pare it and bruse it, and mire it with the yolke of an egge, and the crommes of wheaten or whyte breade steeped in the saied water, and putte therto a little womannes milke, and two penyworth of Saffron, braye them all together, and laye it ouer the forehedde and the eies. Sometimes such peines chance because

because of fleume, and then the patient
feleth greate heupnes in his eies, with a
boundaunce of gummie matter, or water
descending into the eies. And in this case,
ye muste purge the fleume, as it hath ben
saied in the remedie of the hedde, greued
by the excesse of fleume.

To resolue the gumme, ye shall vse to
washe your eies often times with the iuice
of houlcke, otherwise called Senegrene.

And sometimes the same pain cometh
because of ventositie or wynde, and then
the patient feleth suche peines, as if
one beate on his eare with an hammer, for
whych it is good to make a decoction of
camomile flowers, mellilote, and fenell
seede, in water and white wine, and there
in wette a sower double linnen clothe,
and the licoure well pressed oute, laye it
often vpon the eie.

Other whiles there chaunceth paine of
the eies, because of exterioure thinges, as
of winde, duste, or heate of the Sunne, and
then it is meete to laye thereto womans
mylke, well beaten, wth the white of an
egge.

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And sometyne the sayd poynte cometh
by percussioⁿ or strekyng, and then ye
must droppe in the eye, of the bloud of a pt-
geous wyng, or of a partridge, which blod
hath lyke vertue to take awaye spottes,
markes, and rednes of the eyes.

For very greate payne of
the eyes.

Take an ounce and an halfe of oyle of
Roses, the yolke of an egge, and a quarter
of an ounce of barlye floure; and a lyttle
Saffron, mixe all together, and put it be-
twene two linnen clothes, and laye it to
the payne.

Another.

Take of crummes of wheate breade
whye, an ounce, and seeth it in nightshad
or morell water, then mixe wth the sayd
bread two yolkes of egges, oyle of roses
and camomyl, of eche an ounce & an halfe
muscilage, of lynesede an ounce, and vse it
as is aforesayed.

Another.

Take sixe leaues of henbane; and roste
them, then beate them very well in a moz-
ter, and iaye them to the payne.

For rednes of the eyes.

In the beginning of the rednes lay vpon the eyes towe, dipped in the whyte of egges, but let the whites be well beaten first w rose water, or wyth plātayn water.

An other.

Take redde roses, and seeth them, and let them be set warme to your eye. Thys taketh away sportes of bloud, that some tyme chaunceth in the eyes. Also it is good for al diseases of the eyes. And it is good for rednes of the eyes, that commeth by stryking or any such violence. If at any tyme there happen a spotte or blemyshe in the eye by a stroke, ye must lay to it by and by towe, wet it in rose water, & in whites of egges, and after that the peyne be mitigated, ye must lay a playster vpon the eye made of a raw egge. Barly flour, and the iuice or malsilage of mallowes, and then if the eye be not holpen of the saved bloud, ye must lay to it a playster both dissolutive defensiu, and partly appeasyng the peine whych must be made of wheate flour, the iuice of Mallowes, Mintes, and smalache and the yolke of an egge.

Of hardenesse that hath been long in the eye.

C.iii.

Take

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Take a scruple of aloes, succotrin, and melte it in water of celidonie at the fier, then receiue the fume of it and afterwards washe the eie with fenell water.

An other.

Take pouder of cumine mixte with ware like a plaister and laie it vppon the eie.

An other.

Take roses, sage, rue, celedonie, of eche a like muche, with a litle salte, and distill a water, and putte thereof a drop or two in your eie euening and morning. In stede of that water, it is good to take iuice of Merueine, rue, and a litle rose water.

For all rednesse of the eies.

Take the bignesse of a nutte of whyte coperoise, and a scruple of peros, and pouder it, and mixe it with a glasse ful of well water, then putte two or three droppes in your eies.

For the same.

Water of strawberries made and putte in the eie is good.

A singuler pouder that dryethe and taketh away the rednes of the eies.

Take

of Lyfe.

Take tutie preparate an ounce, and
rimonie halfe an ounce, perles. ii.
drammes, red coral a dramme and
an halfe, poudre all these thynges
veri fine, and kepe them in a boxe of tinne
and vse it.

For to stoppe watring of
the eyes.

Make a playster of powder of Ma-
stike, sync frankensence, bole ar-
moniack, and gumme dragagante
wyth whytes of egges mixt together, and
lay to the forehead and temples. Also it is
good to set ventoses on the nape of the neck.
Also it is good to make a colirie to put in-
to the eyes as foloweth. Take Tutie prepa-
rat, & the stone called Lapis Hematites, of
each a dram, aloes halfe a dram, perles &
camphore, of each a Scruple, powder them
all very fyne, and mixe them in three oun-
ces of water, distilled of the knops of ro-
ses, and therof make a collirie.

Also for to stoppe all humours descen-
dyng to the eyes, these thynges aforesayed
are verie good mixt wyth rayne water,
wherein olibanum or frankensence hath
been sodden.

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For webbes of the eye.

It maye be easilye holpen in younge folkes, but in aged persons it is very hard. And in the begynnyng, ye must molifie them with a decoction of the flowers of camomil, mellylote, and coole leaues, receyving the fume of the sayd decoction wpythin the eyes, and then put therein a litle powder made with suger candye, sal gemme, and egges shelles burnt, and afterwarde distill into them womans milke wpyth the decoction of fenugreke.

An other singuler receipth for

webbes in the eyes.

Take snayles wpyth the shelles on, and washe them eyght tymes, and distyll the in a common stillacowe, then take hares galles, redde corall, and suger candye, wpyth the sayd water, distill them agayne, & put euery morninge and euening a droppe in your eye.

An other water.

This water is made of whyte coperoles suger candye, and rose water, to whytes of egges that are sodden harde, and streyned throughe a lynnē cloth, and put into your eye, after dynner, and all nighte to bedward.

warde.

Regiment for the that haue
any soze eyes.

We must alwaye kepe youre bellye lose
and abstayne from fyre, smoke, wind, dust
and ouer hote or colde ayre, and from we-
pyng and long readinge of a small letter,
from ouer longe watchyng, ouer muche
drynkynge of wyne, and eatyng late, for all
these are very noysome to the eyes & sight.
Also all euaporatiue thynges, as onyons,
leekes, garlyke, mustarde, pease, and bea-
nes, are very daungerous. We muste kepe
your fete cleane and forbear h day sleepe.
Behold grene thynges, clere water, preci-
ous stones: and to kepe you fro longe hol-
dyng down your face, succoureth h syghte
berye much, and is very good for the eyes.
Likewise vse meates of good and quicke
digestion, as to eat fenell often, and after
meate, take coriander comfites, prepara-
ted, and drinke not after them. But aboue
all kepe awaye your handes, for the rub-
byng of them maketh them worse & worse

Remedye for diseases of
the eares.

Take

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Take oyle of roses & a litle vineger,
and put it into the eare, than make
a bagge of camomill and mellilote,
and lay it therunto.

For noise and sounding of
the eares.

Take pillule cochie, or fetide, because þ
sounde procedeth of ventosite or of fleume,
and before ye take the sayde pylls, it is
good to drynke three ounces of fenell wa-
ter, twoo houres before meate, fower or
fyue dayes. After the operacion of the
saide pilles, ye must dippe a tente in oile
of ruc castor, or of salte, with the iuyce of
lekes, and often in the moornyng fastyng,
to holde his eare ouer the warme decoc-
tion of Maioram, Rue, wormwood, Camo-
mill, and Mellilote.

For paine in the eares.

Goose grece with a litle hony swageth
the paines of the eares.

Also the Chestwormes sodden in oyle
of roses vpon hote ashes in the rynde of a
Pomegranate, and dropped in the
eares.

Item oile of almondes, speciall ye of the
bitter almondes hote.

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of Life.

Item if there be water in the eares it
shalbe had out with a litle goose grece, &
the iuyce of onions.

Also yerth woꝛmes with gose grese sod-
den, is good foꝛ payne in the eares.

Item an Adders hame sodden in wine,
and the eare bathed in it, and a litle therof
put into the payne is good to take awaye
the grieve, and it helpeth also to the eares,
that are runnyng with stinking matter &
corruption, but in that case ye must haue
boiled in the wine a litle mirre.

Regiment.

The pacient must eate and drinke litle
and sweate in bathes, oꝛ whote houses, &
sometymes to prouoke nesyng. He muste
foꝛbeare garlike, onions, leekes, pease,
beanes, and nuttes, noꝛ drinke wine with-
out water.

For deafnes.

Sometyme there chaunceth deafnesse
by wynde, whiche is in the eare, the whi-
che causeth tyncklyng in the heade, and
then one muste putte a lytle aloes in hote
water oꝛ in whyte wyne, and dyspyll into
the eare.

Then putte a litle cuphorbium in pon-
der

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der into his nose, to make him to nese and auoyde as muche humours as ye can.

Some time deafenes cometh of flume whiche when it is olde, is incurable. But when it beginneth, it muste bee purged as hath been sayed in the remedy of the sound of the eares. The take pouder of baiberies and seeth it in oyle of lilies, & put it warme into your eare, and a lytle blacke wolfe to stop the eare wyth, that no ayre enter.

Remedy for stinking of the nose.

TAke cloaues, ginger, and calamynthe of eche a like, and seeth them in whit wine, and ther wyth washe thy nose.

After put in pouder of piretrum to prouoke you to nese. And if there be repletion of flume in y head first ye must purge it with pilles of cochie, or of hiera picra. Also if the cause of stinking com from the stomake first helpe the stomake, as shal be sayed hereafter in the remedies of the stomake.

Medicines for bledynge at the nose.

TAke a dramme of bole armoniacke washed, and mire it in rose water

oz plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a tente of greke nettles, and put it into his nose. Moreover, it is good for the patiente to hold in his hand egrimony, with the roote and al, & drinke the iuice of knotgrasse, and wythoute doubt the bloude shall staunche anone.

For the same.

Sette a boring glasse vpon hys lyuer, if the bloud come from the ryghte side, or on the spleene if he blede on the left side, and lay vnto the stones a good quantite of tobe or lynné dypped in vineger, and for a woman, laye it vpon her brestes.

An other singuler medecine for to staunche bloud, and it is a thig

expercte of al the good practitioners.

Take swines dounge, even as hote as ye can haue it from the swine, and when ye haue cleansed the congeled bloud out of y nose, wringe it through a cloute, and let y iuice perce into the syde, from whence the bloud commeth, and by the grace of god ye shall see it staunche anone. Moreover it is good to bynde the fete and armes as hard as

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as can be suffred with a corde or a lace, the stronger thei be bounde, the better.

Remedy for the tooth ache.

Paine of the teeth (as Galene saith) amongst other paynes that ar not mortall, is the most cruel and grievous of them all. It maye come dyuerse waies, of a colde or hote cause. If it come of a hote cause, his gummes are redde and very hote, wherfore it is very good to hold in his mouth water of caphoze, or to seeth a litle camphoze in vineger, and hold it in his mouth.

An other singuler remedy that taketh away al kindes of toothe ache, specially if it come of a hoate cause.

Take herbanc rootes, and seeth them in vineger and rose water, and put the decoction in your mouth.

Remedy for tooth ache that cometh of colde causes.

Forasmuch as in such cases oftentimes there distilleth aboundance of water into y^e mouth. purge it with pillule cochie, & afterwards kepe in your mouthe warme wine, wherin hath bene sodden pellitory, mintes and rewe.

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An other remedy for the same.

Take sage, pellitory, and seeth them in vineger, and keepe it in youre mouthe as hote as ye may suffer.

Another for the same.

Take pellitory, stauelacre, and þ three kyndes of pepper, of eche one part, macis, galingale, halfe part of the other, make a pouder, and with a litle white wine rubbe the teeth, and then lay on the foresaid powder where the payne is.

An other.

Take the muddle barke of an elder, salt, and pepper, of eche a like much: & stampe them together, and laye it to the sore teeth.

An other remedy.

Take a litle cotton, and dippe it in oyle of spike, then put it on the sore tooth. If the tooth be hollowe, it is good to drawe it out: for it will euery daye waste whatsoeuer ye doe vnto it.

To make the teth white.

Take whyte marble, cuttle bone, white coral, sal gēme, baifalt, mastik, & pilles of a citron, of eche like much, make them in very fine pouder, & rub þ teeth ther with, e-
very morning.

And

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And afterwarde washe your mouth with white wine, wherein hath been sodden a litle camomill and dill.

For the same.

Take vineger of squilles and dippe a litle piece of cloth in it, and rub the teethe and gummes withall. The sayed vineger fastneth the gummes, comforteth the roses of the teth, and maketh a swete bzeeth.

An other remedye to make the teeth white.

Dissill a water in a lembike of two partes of sall gemme, and the third part of alume, and rub y teeth with a linnen cloate dipped in the same.

To take away stinking of the mouthe.

Ye must wash hys mouth wyth water and vineger, and chew mastyke a good whyle, and then washe thy mouth with the decoccion of anise seedes, mintes, and cloues sodden in wyne. If the stinking of the mouth continueth of a rotte toothe, the beste is to haue it drawen out.

Regimente for tooth ache,
and stynkynge of
the mouth.

Ye muste washe your mouth befoze
and after meate wyth warme water, for
to cleanse the mouth, and to purge the hu-
mours from the gummes, whiche dys-
cende oute of the head. It is good euerye
morninge fastinge, to washe your mouth
and to rubbe the teeth wyth a sage leafe,
pilles of cytrone, or wyth powder made of
cloaues and nutmygges: ye muste forbere
lettuce, rawe fruite, al tart meates, and y
chewing of harde thynges. Also al meates
of euil digestion, and vomiting.

The thirde chapter treateth of
remedies for diseases of
the breste.

Firste for hoarsnes of the voice that
makethe a manne to speake lowe
and wyth greate payne, ye must a-
uoyde all cger, salte, and sharpe thynges,
and slepyng by daye, to muche watching,
greate colde, muche speakyng, and to loud
cryng. All swete thynges are verye good
as apples sodden with suger great raisins
figges, almonde mylke, hulled barley, pig-
nolate penedies, whyte pylles, suger candy
and the iuice of likozice.

Remedye for a hoarte voice.

D.i. Take

The Regiment.

Take the broath of redde cole worste
and ming e with it. vii. oz. viii. penidies, &
an ounce of sirupe of maiden heare, and
geue vnto the paciente, when he goethe to
bedde.

An other medicine.

Take diaryis simple, and eate a loseng
of the same at mozne, and also at nyghte.

An other remedye for hoarsnes of a long continuance.

Take reisyng, fygges, suger, cinamom
and cloues of euery one a litle. Seth them
in good wyne, of the whyche ye shall geue
to d:ynke mozning and eueyng. ii. oun-
ces at a tyme, excepte he haue a feuer.

For the same.

It is good to take mozninge and eue-
ning, a sponnefull of the syrupe of iuiubes
mixte with a roote of liquorice, in maner
of a loc. If wyth the sayed hoarsnesse, there
descende aboundaunce of water to the
mouth, it is good to make an electuarie,
of halfe Diariz, & halfe diadragagantum
and to vse it first and laste, after presuming
wyth soupes of flaxe, samyng wyth fran-
kinsence, mastike, sandrake, and storax
Calamite, layed vpon the head warme.

Remedye

Kennedy for the cough.

Take Ilope, great Rayfyns, and Figges, of eche a lytle handefull, Licorice one ounce, boyle them in water, tyll the thyrde parte be waisted, then geue it hym to drynke twyse a day, in the moornyng. ii. houres befoze meate, and at nyghte one houre befoze supper and immediatly after it is good to eate a losenge of Diapris, or diapenidion.

If ye wil hane it stronger, put to them in the decoction a litle Colewortes, anise, and fenell, wyth the sedes of nettelles, of eche two drammes.

An other remedye.

Take sugercandie, whyte pylls diapris, & Diadragant, of eueri one, one ounce liquorice two drames, make a powder, and lette hym eate thereof a sponnefull, moornyng and eueninge and drynke after it three ounces of water of Ilope, or of Scabvoulle, with suger, and wythoute Suger.

In steade of those waters, ye maye take the broth of redde Colewortes without Salte.

D. it.

An

The Regiment.

An other remedy.

Take sirupe of Liquirice, and of Slope and drinke it euen and moꝛne with a pꝛisane, or one of the same sirupes, with a sponnefull of pꝛisane is good.

An other.

Take pouder of Dias simple, and Liquirice, of ech a dramme weight and with fower ounces of suger make an electuary to be eaten first and last and after meate.

An other.

It is good to take locsanum, wyth a stick of Liquirice, at the coughynge, and after meate. And there is an other loc called loc de pino, as good at all tymes as the other is. And it is good to annoynte the breste moꝛnyng and euenyng, wyth oyle of lylies, swete almondes, and May butter wythout sa!te.

Here is to be noted, that commonly the cough procedethe of colde humours that greueth the lungen, and for that cause all thynges the whyche bee hotte, swete, and doe prouoke spittle, are very good and halssome for thesame, as be the thynges afore rehearsed.

And some tyme it procedethe of heate,
and

and then it is knowen by the greate alteration of feuer, and then ye must forbidde the patiente drynkyng of all wyne, and to vse thynges that hereafter foloweth.

Remedye agaynst the cough,
commung of a hotte cause.

Take sirupe of violetttes and of iubes, and drynke thereof morning and euenyng wyth a litle ptisane sodden.

For the same.

It is good to take fyrste and laste, a losenge of diadagagante, and after ward to drynke a draught of good ptisane.

A good receipte agaynst
the coughe.

Take the roote of Enula campania, Horebounde, Holihocke, of eche a lyke muche, sceth them altogether in whyte wyne, with a dosen of fatte sygges, and a litle Liquirice, drynke of it a draught, euery day twyse.

Regiment of diet for them that
haue the coughe.

Ye must abstaine fro vineger, veruice, al salt meates, frutes, and raw herbes, fish, lymons, grosse meates, & to much replecio.

D.ii.

Also

The Regiment.

Also ye maye dwynke no wyne betwene meales, and beware of day slepe, and specially after meate.

The wynde, the colde, and muche talking, are very unnaturall for the coughe, and so is all labour as well of the body as of the mynde, and sometyme it is good to holde your wynde a litle, and lette it goe agayne.

Remedies agaynst the shortnesse of the wynde.

Shortnesse of the wynde procedeth oftentimes of sicume, that is tough and clammye, hanging vpon the lunges or stoppyng the condites of the same, beeyng in the holownes of the brest or of catarrous humours that droppeth downe into the lunges, and thereby cometh straytnesse in drawyng of the breath, whiche is called of phisicians, dispnoea, or asthma. And when the patient can not bende his necke down for dread of suffocation, it is called orthopnoea. For euery one of these diseases, there bee verie holseme medycynes declared here afoze.

The receite for Asthma.

Take

Take an ounce of greate raisins picked from the kernels, two fygges, the meate of a date, drye yslope, mayden heare lykoryce, and the lunges of a fore washed in wyne, water of scabpyous, of euery one a dramme, penidies. ii. ounces with sirupe of lykoryce, let all be incorporated, and make a loz to ete a good whyle after meate, with a sticke of likorice.

An other receite.

Take horehounde, mayden heare, and yslope, of euery one a handefull, lykoryce, dates, fygges, seede of smallache, and of fenell, of euery one halfe an ounce: boyle them in a pynte of water and an halfe, tyll the thyrde parte be consumed.

After geue hym the sayed decoccyon to drynke a good draughte euery mornynge two houres afore meate. And before it, or incontynently after it, it is good to take as muche as a chesnut of conserue of coole woortes, or a losenge of diaspopi, or Diasiris Salomonis. Also loz de pulmone bulpis, is exceadyng good for the sayed dyscase.

An oynement for shortnes of bzeath.

D.iiii.

Take

The Regiment.

Take two ounces of oyle of swete almondes, one of may butter unsalted, a lytle saffron, and of newe ware, and make an oyncemente, wherewith ye shall anoynte the breaste moorne and euen.

Regimente.

Considerynge the sayed dysease cometh of to greate aboundaunce of fleume in the lunges, it is good to obserue the thynges, that are shewed in the remedies of the coughe. And to dwell in a drye place, farre from water pooles, or maryshes, and to sleepe in a moiste chamber, in the whyche ye muste haue a fyre of wood wout smoke. The bread muste bee lyghte and pleasaut for soure breade, browne breade, and crustes, are to bee auoyded. Also ye may eate no Pease, Beanes, nattes, chestenattes, nor any thyng that stoppeth or engendereth wynd. Fyssh roasted vpon the gridiron may well bee suffered, for they be not so euill. Hulled barleye, ryse, brathe of colewoortes, and broth of an olde cocke, with Clope and Saffron, ar specyall good meate for the lunges, and so are fat figges raysyns of Alican, dates, graynes of the pine, pignolate, and swete almondes.

Create

Great mowinges and chafinges, and so-
daine labour is very euill, yet moderate
exercise afoze meate is good and profyta-
ble.

Kenning, anger, and suche other passi-
ons that enflame the heart, are in thys
case vtterly to be avoided.

Remedies for the pthisicke.

Pthisis is an vlceration of the lon-
ges, by the whiche all the body fal-
leth into consumpcion, in such wise
that it wasteth all saue the skinn. Ye may
know him that hath a pthisicke, for from
daye to daye he wareth euer leaner and
drier, and his heere falleth, and hath euer
a cough, and spitteth sometime matter &
bloudy stringes withall. And yf y whyche
he spitteth be put into a basin o. water, it
falleth to the bottome, for it is so heauye.

Galene speakyng of thys disease, sayth
it is incurable. But whē he was in Rome
he gaue counsaile to them that hadde the
pthisickes, to dwel in the mountaines and
hie places, farre from waters, and watrie
groundes, and so their lyfe should be pro-
longed, but at the last they died of the same
disease. Neuertheles, it is good to releas y
payn,

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pain, and to helpe them as much as is possible. And the thyng that is most holesome for the same, it is to drynk euery mornynge a draught of asses milke, foure houres afore meat in the place whereof one maye take the milke of a gote newly milked, & mixe them euery tyme with a sponesfull of powder, made of suger roses, and it is good euery tyme to vse cōserue of roses, pignolat diadragagantum, and anoint the brest before and behynde, with oyle of sweete almonds, May butter, and salt.

An other remedy proued by a religious manne.

Take twoo ounces of pimpernell in powder, and therof make an electuary with suger, & vse it euery mornig ii. drāmes with pimpernel water. iii. ounces. Water of snailes distilled is proued good to them that be pthisicke euery mornung in drinke, and for all them that are drie and leane.

An other.

Take the foure colde sedes, sede of quinces, of eche. iii. drāmes & a halfe, white poppy sede fiue drammes, the iuice of liquozice rope, ambrum, gumme arabike, & dragat,
of

of eche a dramme and an halfe, pensoles,
the weight of them al, make a powder, and
use euery morning .ii. drammes, and after
take two spoonfulls of sirupe of ianibes, or
in stede of it, drinke the prisane of water
of vngula caballina, otherwise called horse
hoofe. The powder wherof is good for the
prisike, wherewith Haly saith, y he healed
a monke of the same sickness.

Regiment for prisike.

Ye ought to do as hath bene saide in
regiment of Asthma, and to abstayn
from al spices, saue saffron. Ye must
likewise abstain fro al soure things, sharpe
thinges & tart, nor be not hungry, nor drie:
but cheryshe you well with meates of easy
digestion, and good nouryschement, such
as is collops of Capons, bulled barleye, al-
monde mylke, egges yolkes, beale, kidde,
lambe shypes fete, and smal byrdes, liuing
in woodes and bushes. creawises, and fish
of swete runnyng water, haupng scales.
Snayles in the shelles sodde wpyth fenell
and Flope is very good. Ye muste liue
merelye, and playe at some pastyme for
pleasure without labouring.

Ye

The Regimēt.

We ought to abstaine from laxative medicines, because that it is said. Cum fluxus excedit, mors intrat, vita recedit, which is contrary to asthma, for therein it is good ever to be loose belked.

For the pluresye.

Hereafter shal be spoken of medicines for diseases of the ribbes. And for playner knowledge of the same, ye shall vnderstand that sometime in the skynnes that couer the ribbes, there gathereth together blood and cholericke humours, which engender apastemes, called pluresie and it maye be knownen by foure manner of signes.

First the patient hath a great burnynge feuer. Secondlye the ribbes are so sore within, as if they were pricked continually with needles. Thirdly the patient hath a short breath. The fourth signe is a strong cough, wherewith the sick is vexed, and by these signes maye ye surely knowe a right pluresye, that is in the skin, vnder the ribbes within the body.

But there is another kinde of pluresye without vpon the ribbes apostomed, but in that is nothyng so great daunger, nor y feuer is not so strong as is the other afore rehearsed.

Remedy.

Of lyfe.

Remedy.

The patient ought to be let bloude on the liuer vein, in the contrary arme from the side that is diseased. After the begynnyng of the soze, till the thirde daye, and after that if the patient be not feble, lette hym bloud agayne vppon the same syde y the soze is. Moreover the patient ought to lay vpon the soze syde, euery day an earthe bottell, ful of warme water, and to anoint his ribbes with oyle of camomyl warme. And he ought to take a glister of chickens brothe, milke, cassia, oyle of violettcs, and hony of roses, if his belly be harde. And in steede of that glister, it is good to take an ounce of cassia, an houre before dyner, in a losenge or dissempered with a ptisane, or els with water of scabiose.

An other remedye.

Take of broune floures, of scabiose and the great chistle called cardo benedictus, of euery one a lyke porcion, mieddle them together, and let hym euery morning and euening, receiue a good draught, and annoynt the rybs with oyle of broune floures and it shalbe good.

Another singuler remedye.

Take

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Take thre ounces of water of our lady
thistle, one sponesfull of white wyne, & fyve
inner whites of eggcs well braide, mingle
altogether, and lay them plaisterwise vpo
the ribbes, as hote as ye may suffer.

An other expert remedye.

Take two good handfuls of horsedong
two races of ginger in powder, and then
wrape well the dong and the ginger to-
gether in a cleane linnen clothe, then put
them in a new pot to boyle with .ii. pintes
of white wine, untill the third part be con-
sumed and drinke a draught of the sayde
drinke euery morning, and after ye haue
dronke the sayde wyne, couer ye as wel as
is possible and sweate.

Regement for the pleuresy.

The patient ought not to drinke wyne,
nor eate flesh, but must be content to drinke
ptisane, barley water, and weake drinke,
and to eate barley hulled, and milke of al-
mons clarified, rosted apples and greates
raisins as long as the feuer doth last. And
for to helpe him to spit, it is good to vse of-
ten white pilles, diadragagantum, suger
candy, and other thynges sayde in the re-
medy of the cough.

For

Of lyke.

For diseases in the rybbes
which is not pleuresy.

There chaunceth often tymes a disease
in the ribs, which they call a bunch, whiche
commieth of ventositie, wherfore it is good
to applye thereto hote thynges, as a rost of
bread very hote, and a litle bagge of otes,
& bay salt fryed together, or of hony why-
che is better. Also it shall bee good to putte
thereto a sponesfull of hote ashes, & herbes,
of horehounde, rue, wormewood, marje-
rim, Aspe, bayes, and Camemill.

Another remedye for the same.

Take the rootes of colwort and hops,
of eche an ounce, beruein, mugwort, sage,
mintes, wormewood, ransay, and mother-
wort, of eche a handfull, put all in a com-
mon styll, and distyll them.

Kepe that water to drynke euery mor-
ning two or thre ounces, while the payne
doth last.

Another remedy.

Take the saide herbes and rootes, and
beate them with white wyne, and strayne
them through a linnen cloth, and geue vn-
to the pacient a small draught two or thre
houres afore meate.

The

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The fourth chapter of the weaknesse of the heart.

WEaknes or feblenes of heart is caused, when the bodye faileth his vertue vitalle, without any euident cause or when the bodye is consumed and warieth out of colour, and that the operations vitall are weak, without sensible hurting of any other member, but the heart. And it maye chaunce of an apostemie, for the whiche there is no maner remedy, for all apostemacion of the heart is mortall. And debilitie of the heart maye come of heate accidentall, whiche one may know, when there is a great heate in the brest, and vehement thirst, and is quenched better in drawing colde ayre, then in drinking cold water.

Remedy.

Geue him that hath a feble heart, and redy to faynt, eyther for feuer, or for extreme heate, the weyght of a fresh crown of trosciske of camphore, wyth wyne of pomegranades, and lay vpon his brest toward the left syde, a sendall or linnē dipped in water of roses and vineger.

of Life.

A lectuary.

In stede of those trosciks, ye may vse a lectuary called diamargariton frigidum, euery morning a lozeng. And it is good to geue him for the same feblenes, conserue roses, violettes, and water lilies mingled together, and after to drinke water of sozel, and to smel roses, water lilies, rosewater, and vinegre. Otherwhiles and most often debilitie of hart chaunceth of a colde and dry cause, and is without feuer, with great feate and heuiness, the remedy whereof is this.

Remedy.

Take of an electuary, called Diamuscus, or of an other called electuarium pliris, and vse euery morning a lozenge, and drinke after it a litel good wine, or buglosse water, and annointe the breast with oile of spikenarde. Moreover vse ones in a weeke five houres before meate: y weight of halfe a crowne of good triacle, or mithridatum, so it be wel tempered in a littel white wine with a fewe maces.

For the same.

We muste geue the pacient often in the houre of his feblenes, cloauca, cinamom

C.i.

nutmiges

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nutmiggess, setuale, of the roote of cole-
woodites if he hath not y pthysike, in which
case he must abstaine from the said thin-
ges. And it is conuenient to giue him in
that case good fleshe, and potage without
spices, and take euery morning, a greate
draught of Asles or Goates milke, and su-
ger rosate.

For beating of the harte.

It is called of the Physicians cardiaca
passio, or otherwise tremor cordis, that is
trembling of hart, and sometime it chaun-
ceth with a feuer, and sometime without.

Remedie whē it cometh with a feuer.

We must be let blond of the Liuer vein,
and drinke euery morninge Sirupe of
Pomegranades, and Limmons the iuice
of sozell, or one of them, with water of Ro-
ses. Durcelane, saccone, and Dorelle. Mo-
reouer the patiente ought to smel thinges
colde & swete, as dried Roses, water Lil-
lies, Violettes, and borage of Roses.

Also it is good to take an infusion or iare
of rubarbe, ordeined of som good Physicia
after the whiche it shalbee good, to applic
vpon the left pappe, a linnen cloth dipped
in plantain watet, roses, sozell, and a litle
Vinegre.

of Lysse.

Amegre.

For trembling of the hart
with out a feuer, a
remedy.

The patient must take. ii. drammes
of the electuary of diamargariton
calidum, and the third parte of ele
ctuarium de geminis, then drinke. ii. oz. iii
ounces of water of buglosse, and baume
mixt together.

An other remedy.

Take mastike, lignum aloes, cloves,
cinamome, nutmigs, and cubebes, of eche
a scruple, pilles of citrons half a dramme,
dozonici romani, and perles, of eche. xv.
graines, basil seede. x. grains, amber gre
ce, and muske, of eche. ii. grains, with con
serued buglosse or colewortes and sucket
of citrons, of eche half an ounce, make an
electuary with. iiii. ounces of suger dissol
ued in whit wine and buglosse water, and
use of the same euery morning. ii. drames,
and drinke a litle good wine after it.

An other remedy.

Take water of buglosse, baume, & bou
rage, of all thre together a pound, of white
wine halfe a pounce, powder of sinamome
C. ii. cloves

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cloaues & nutmigs, of eche twoo. ozāmes,
mingle thē al wel together and then heat it
a litle, and dippe a linnen cloth in it, or els
a scarlet, and lay it to the left pappe.

An other remedie.

We must make a bagge of sendall, of the
said swete spices, or other cordial pouders,
and lay it hotte vpon the left pappe.

An other remedie.

Take pomanders made of lapatanum,
lignum aloes, and citron pilles maces clo-
ues, bozage floures, storax calanute, am-
ber of grece, & a litle ware, and let the pa-
tient beare that, and smell it often.

An other medicine.

The malwe of an olde cocke dried, and
made in powder, is exceeding good to drinke
in red wine, or swete wine with a lyttell
saffron.

For the same.

It is good to drinke euerie morning
ounces of water of buglosse wherin hath
ben sodden cloues. And it is good to drinke
in a morning. iiii. ounces of iulep made of
halfe a pound of baunie water; and three
ounces of suger. The confectiō of diatacin-
thy, is singular and excellēt for trembling

of the heart, but it is for noble menne, not
for poore folke.

For swooning.

Swoning is a takinge awate of
the feeling and mouing of the bo-
di by weaknes of the hert through
to muche auoidance of the spirites.

Remedy.

In Somer for swooning, sodainly ye
ought to caste vpon his face colde water,
mingled with rosewater or vinegre. And
if ye stoppe his mouth, and nose, and bowe
his face vnto his kners, so long as ye stop
your winde your selfe, ye shall forthwith
recouer him. But if the said swooning com-
e of the mother, ye must lay to y nose al stin-
gng thinges & abhominable saouours, as
partriches feathers bzent, castor, & assafeti-
da, or the snuffes of candels. Moreover ye
ought to geue y patient a litle good wine,
which is the chiefe thig that quickliest re-
foresh him as saith Auerrois in his sciēth
olliget. Afterwarde rubbe his armes and
egges, and bind them hard, then prouoke
him to nose putting a litle powder of long
pepper, euphorbium, or castor into his
nose. And if by the saide medicines, the

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patient

The Regiment

patient doth not amend, this disease is incurable. And here ye maye note, that if swooning com by great resolution of spirites, as after great euacuation, either by sweat, flure of bloud, or laske, ye ought not to cast cold water on his face, nor to binde his membrs, for that shulde do him hurt, but kepe him in a place without mouing, and geue him to drinke a litle good wine, & nourishe him with good light meates as pullets, chickēes, capons, partriches, beale marto, & kid, whereof ye may make him good porrage, coleisces or restozatiues, distilled or otherwise, as ye shall think conuentent.

The .v. chapter of remedies for diseases of the stomake.

The chest of the body doth receiue the meate necessary for all the membrs in the stomak, which is situate in the middes of the body, for to digest the same meate into all the membrs, to the whiche chaunceth debilitie or hinderance of appetite, sometimes by error of the eater in qualitie or quantitie, and sometimes by rason of y^e fleume that descendeth from the head like a reume.

Remedy.

Recepe

Kepe abstinence, and eate sobzely lichte
meates, and drinke good wine, & but litle.
Purge the stomaks, in takig pilles of sim-
ple hiera befoze meat. iii. oz. iiii. of the saide
pilles at four of the clock in the morning.
If the repletion be greate, sleping in the
night, he must lay his hand on his stomak,
oz els lay a litle pillow of fethers on it, oz
a bagge of woozmwood and margerim.
Sometymes ther chanceth suche debilitie,
not for reume, oz meat oz drink, but by vi-
scous and slimy fleum in y mouthe of the
stomak, which causeth to engender abun-
dance of ventositie, and maketh the meate
to swym with litle thriste. And sometymes
with sour belchings, and inflations, suche
debilitie may not perfectly bee cured, but
for a time mended with the remedies that
folowe.

Remedies for weakenes of y stomake.

First ye must take pillule stematicæ. ii. oz
iii. houres afoze meat, more oz lesse, accor-
ding to the quantitie of the fulnes of y sto-
mak, and after geue hi euery morning. ii.
houres afoze meate and one houre after
supper, at euery time a lozég of a lectuary
called diagalāga, oz an other called diaci-

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milium, which leccuaries do consume be-
tosities, and with their comfortable heate,
drive away the colde and the windy com-
plexion of the stomake.

For the same.

Greene ginger is very good, taken as is
said afore of electuaries. And it is holsome
to eat afore your meate, anyse sedes and
fenell, and when ye begin to eat, take a
toft dipped in sodde wine, or good malme-
sey without drinkeinge of the same wine,
except it be a very littell after meate.

An other.

Take mastik and lapadanum, of euery
one an ounce, mintes and worme woode
poudzed, of eche a dramme, turpentine, as
much as shal nedde to incorporate them to-
gether, make a plaster and spzed it vpon it
vpon lether, and lay it to the stomake. In
stede of the said plaister, it is good to ano-
int the stomak with oile of spikenard, and
make, or to lay on it horte breade stieped
in good wine, on the whiche bread strawe
pouder of cloues and nutmigs.

Sometimes suche debilitie of stomake,
cometh of hot causes, and the it is knowe
by the litle appetite to meate, and greate
thirst,

Of life.

thirst, and hed ache befoze meate, and after it, cometh stinking belching, wherof somtime foloweth vomiting, and is holpe on this wise.

Remedy.

In suche debilitie, if there be great quantitie of spittle, and muche desire to vomite, it is good to take .x. drammes of hiera picra, with the decoction of cicers, or with two or thre ounces of water of woorme wood, and after your meate, vse coriander seede prepared, and beware ye drinke not therafter, nor sleape in the day time.

To the same.

MIrabolans cōdite ar very good for the same purpose, to be giue once in the weke, at four of the clock in the morning, half an ounce, or a hole ounce every time, & take away the stone that is within. If in y^e saide debilitie of stomake of hote cause, ther be not abundance of spittle, but drynes of mouth, wth thirst & vomiting, stinking & fumes, it is good to take every mornig sirup of sorrel, sirupe of roses, or sirupe of quinces, wth endive & succory water and water sodden & cooled again, and then drink hierapicra, as afoze is laid, or take a purgation,

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purgacion, as is declared in the peim of the head, coming of choler. It is to be noted, that for suche debilitie of the stomake, ye may not weare any cerote plaister, nor baggue, wherein is hote medicines, lest ye should augmēt the cause, but it is convenient to annoint the stomacke with colde oyles, as be oiles of roses, and quinces, and if ye will haue a plaister, make it of redde roses and saunders.

For abhorring of meate.

Sometime there chaunceth in the stomake, a disease called taſtidium, or abhorring of meat, whereby the persone against his will taketh in hate and abhominacion all maner of meates, that is offered vnto him: likewise as a hole mā taketh pleasure & delite in his meate. The cause of this disease, is repletion of cholerik humours, or flegmaticke, grosse and viscous, which are in the stomacke, and the paciēt hath great thirst, a drie tongue, the mouth bitter, and sometime dothe vomit yelow choler.

Remedy.

Ye must purge the choler as hath been saide afore, and if the veines be great and full of blud, ye ought to let him blud on the
right

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right arm, and on that veine which appe-
reth moſte: and to quicken the appetite it is
good to geue him to eat or drinke, ſuch as
the patient demandeth, although it be not
allwaies of the beſt. And alſo it is good to
giue him that iuice of pomegranads.

For belchynge.

Belching is a ventofitie inflatiue expul-
ſed oute of the ſtomake to the mouth, and
cometh by feeblenes, and litle heate of the
ſtomak, which engēdꝛeth winde, wherfore
it ſignifieth a colde complexion, whiche is
cauſe of ſuche ventofitie after meate. And
for this diſeaſe ye ſhall doo as foloweth.

Remedy for windinneſſe of
the ſtomake.

Avoid ſtaine from al fruites, & raw her-
bes, pease, beanes, garlike, onions
leekes, cheſnutties, coarſe meates,
great repaſt, & ſleepe on the day, ye ought to
take faſting, cōfites made of aniſe, fenell,
cūmin, & carrewaie ſedes, or els powder of
the ſaid thinges mixte with ſugar. Alſo it
is good to tak in a morning ii. houres be-
fore meat a lozenge of aromaticū roſatū,
& if ye haue an aking ſtomake and colde,
it is good to take euery moꝛniḡ a lozēg of
dianthi,

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dianisi, or diaciminum, or some other comfortable lozenge, and to drinke after it a sponfull of good wine.

An other remedy.

Ye maye take a litle galingale with a litle wine, or pouder of cumin, with some good wine.

An other remedy.

Drinke euery morning fasting two ounces of wine, wherein hath ben sodden bayberies, anise, and carraway seedes, of eche a litle. And if ye put to it litle pure frankesence, it wold be the better. And without, it is good to lay a bagge full of camomill floures, rue, wormewood, and maioram made in pouder, or for to annoit y^e stomack with oile of wormewood, rue, spikenard, or baies. Somtimes suche bellching and ventositie cometh before meat, & it is caused of fleum viscosus, or watrishe, that is in the stomake.

Remedy.

Ye must purge the fleume with pillule cochie or electuarium of diacartami, as hath ben saide in the remedy of pain of the head caused of fleum. And ere ye geue the purgation, ye ought. iiii. or iii. mornings ii. houres afore meat, to take two litle sponfulls of sirupe of wormewood or of mintes.

After

Of life.

After the which purgatiō, it is good to annointe the stomake with oile of mastike, nardine, wormewoodde, or likes and for to weare upon the stomake a cerote, beinge made like a plaster, which ye may vie at y^e Apotecaries, called cerotum Galeni, or a bagge made of maioran, and camomill flours, & take euery morning a lozenge of y^e electuary aboue named, or of diagalāga. Item ye shal note, that if the person cā not take a purgation, to auoid sufficiently the fulnes of the stomak which hindreth y^e digestion of meat he must take a glister, and after ward pilles of elephāgine, or of hiera simplicis, before diner or supper. Moreover, if before diner ye felc an heynes in y^e stomake, ye ought to take one of the saide pilles halfe an houre before meate.

For the hicket:

Hicket or yeasking, is an enil mouing of the vertu expulsive of y^e stomak prouoked by y^e vertu sensible, to expulse that y^e dothe anoy. The said hicket doth sometimes happen by reson of emptines, by debilitie of y^e stomake after long sickness, or by fluxe of blud or lac, or by som other strāge euacuacion, which is very perillous, and oftentimes

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times mortal. Therfore it is good to giue restoratiues to the pacient, & to geue hym soft egges, almond mylke, bulled barley, coleise of capons, or other thinges of good nourishment, and of easy digestion.

Also ye ought to stop the laske, & to make the pacient to slepe longe, and anoint the stomak with oyle of swete almons. Somtimes hicket procedeth of repletiō of matter humorous, or of dryk and meat whiche engender grosse ventositie, & not very easy to cōsume. If y^e stomak be ouercharged wth meates, kepe a longe abstinence till digestion be done, or els vomite and anoint the stomake with oyle of dill, mastike, wood^e snowd and castor. If humors contined in the stomacke be cause of the said hicket, take an ounce of hierapicra with water of wormewood, or elles pilles ante cibum. iii. or. iiii. houres before meat, and euery morning following the operation of the saide hierapicra, take a losenge of dianthi or diacimidi, or els a few anise sedes & carawais Regiment for all maner hicket.

It is good to kepe longe and often his breath to nese, to trauaile much to endure greate thirst, and also to sleape longe. And

Of life.

It is good to cast colde water in the face of him that hath the hicket, and to threten him, and so put him in seare, and to angra him, or els to prouoke him to heuines, for by these thinges, the naturall heate is reuoked and fortified within, and causeth the hicket to cease.

For vomiting.

Vomitinge cometh sometimes without great violence, and therby one getteth helth wherfore ye neede not giue him any remedy, for it is a good action of the naturall vertu of the stomak. Sometime vomiting cometh by a greate violent mouinge of the vertue expulsive of the stomake, for the euill thinges contained in the same.

Remedy.

One may well helpe a man to vomite, geuing him warme water with a litle oile to drinke, or els to put the finger in his mouth very low or a feather wette in oile, the better to vomit and mundify the stomake, yf so be the persone haue a wyde throthe, and that vomitinge do not hurte him much, as be they that haue but small & strait throtes, and long neckes and leane,
and

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and he that hath an euill sight, for all these it is euill to bonite.

Somtimes boniting cometh by weakenes of the stomake, caused of a hote & euill complexion, ye shall heale it after this manner.

Kemedy.

Take sirupe of roses, quinces, mitilles, with water loddon, and colde againe, or els water of purselane for to refreshe and queneche the thirst that chaunceth commonly in suche a case. And it is good to anoint the stomack before diner and supper, with an ointment made of oile of roses, and quinces, with iuice of mintes, and a littell ware, or els to make a plaister of mintes, roses, wormwood, and oile of roses, and lay it to the stomake.

An other.

Take frankensence, mastike, of ech half an ounce, made in powder, & mingle them together, with the white of an egge, and a litle barly floure, then spread it on a litle row, and lay it to the mouth of the stomak. At y latter end of diner, it is good to take a morsell of marmalade without drinke.

Sometime boniting procedeth of euill
and

and colde complexion of the stomake.

Kemedp.

Annoint the stomake with oile of spike
narde and massike, or els make an ointe-
mente of the sayed byles, with a litle ma-
ssike, corall, and ware, and annointe the
stomake moynng and euening.

An other medicine.

Take a bagge of woyme wood, maiorā
and dry myntes, of ech a like handefull,
cloues, galingale, and nutmygges, of ech
halfe a dramme, the sayd thynges poudred
and put betwixte. ii. linnen clothes wyth
cotton enterbasted and applyed vpon the
stomake, are of wonderfull operacion. In
kede of thys ye may take the sayed herbes
dried on an hote tilestone, and put them in
two linnen cloutes vpon the stomake.

An other maner.

Ye maye take a cosse of breade and
stepe it in the iuyce of myntes, and caste
vpon it poudre of massyke, then laye it v-
pon the stomake, and from thre houres
to thre houres, let it be renewed.

Otherwise.

Take two handefulles of myntes, and
a handefull of roses sodde in wyne, than

f.i.

take

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take two ounces of tosted bread, and moist
it in wine and incorporate it with powder
of mastike, and the sayd roses and mintes
and make a plaister, wherof one part must
be laied to the stomake when the paciente
would cate any meate.

The saied plaister is also good in all
hote causes, if for the sayed wine, ye scethe
the mintes and roses, and steepe the toste
in vineger.

To comforte the stomake after vom-
tyng.

It is good to geue vnto the paciente e-
uery morning an ounce of sirupe of worme-
wood, or myntes, in stede of which it is co-
ueniente to take a losenge assaromaticū
rosarum, or diagalanga.

For the same.

Take euening and morning. iiii. houres
before meate. ii. cloues in powder wyth a
spoonnefull of the iuyce of myntes, or halfe
a spoonnefull of rue, dreyed, wyth a lyttle
wine. Also it is good to take powder of clo-
ues, and lignum aloes, the weyghte of a
crown, with wine. ii. houres before meate.

A glister for the same.

And here ye muste note, that in al vo-
miting,

of Life.

mitting, if the patient be harde bellied, it is godd to take an lenitiue glister made of the decoction of March mallowes, mallowes, violettes, and barlye with oyle of violettes hony of roses, and a litle cassia.

And if the vomitinge come of coldenes of the stomake, or of colde water conteyned in it, adde vnto the said glister, wormewood, yslope, rue, and camomyl in the seeyng. And for oyle of vpolettes, take oile of camomil, or of lyllyes, and geue the patiente a pyl of mastyke before meate. And ye shall vnderstande, that myntes brayed, and myngled wyth oyle of roses, and applyed vpon the stomake, is verye good for all vomiting.

For peyne of the Stomake.

Ache or paine of the stomake, cometh sometimes of wynde, and it is called doloure extensiue, the whiche is holpen wth applying thereto a sponge wette in wine wherein hath been sodden wormewood, rue, and camomyl.

Also ye may helpe it as hath been sayed in the remedye of hickete or yeaskynge,

F.ii.

and

The Regimene.

and as shalbe sayed hereafter in the reme-
dy for all paynes of the stomake.

Sometimes the sayed payne cometh
of repletion of humours, and it is called
Dolor agrauatus. Whych oughte to be
cured by purgacion, in geuyng of castya,
newly drawen out, hierapicra, or pylls
stomaticas, or of hiera simple, takynge soe
sirupe before & purgacion, as is shewed in
the remedy of debilitie of stomake. Some-
times payne of the stomake cometh of
cholere, or salte fleume very sharpe, and &
patient hath bitter tast or salt with great
thirst, and he feleth heate and mordicaciō.
Wherfore it is good to drynke sirupe of
roses, or occi saccharum simple with sodden
water and coled. In stede wherof ye maye
take endiue water, succory, and purcelane
wyth one part of wormewood water, and
then take an euacuatiue that purgeth cho-
ler, as is sayd in the remedies for peine of
the head comynge of cholere, or let the pa-
tient vomyte, in geuyng a sharpe sirupe
of sorrell, wyth warme water, than put his
fynger in his mouth, so that he may vo-
mite. Sicke folkes oftē diseased in the sto-
make, demaunde nothyng els, but to take
away

of Lyfe.

away the payne, not regarding the tyme
whyle the matter maye be purged by vo-
mytting, glyster, or other laxes.

Also there chauncethe some tyme so
greate payne and sharpe, that for debilitie
of vertue, it is good to leaue the cause and
flycke to the swaging of the payne: wher-
fore it behoueth to procede in maner fo-
lowyng.

Remedye for all paynes of
the stomake.

TAke Camomill, melilote, worne-
wood, mallowes wyth theyr rootes
leaues of bayes, parietarve, and pe-
nyrtial, of echc a handefull, linedede a pound
fennigreke halfe a pounce, anise and fenel
sede, of echc halfe an ounce.

The sayd thynges bzused and wel sod-
den in water, wette therein sponges, and
the licoure well pressed oute, and applyed
vnto the stomake, one after an other, and
warminge them agayne, when they bee-
gonne to coole, swage all maner paynes
of the stomake. And afterwarde ye muste
annoynte the stomake with oile of oil and
Camomill.

Another remedy.

f.iii.

Take

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Take an hogges bladder, and fill it of the said decoction, and lappe it in a linnen cloth, and laye it to the stomake and warm it agayne when it is colde.

But after ye haue made diuers suche applications, ye must anoint the stomake wyth the oyle afoze sayed. If the peyne be remouing from place to place, it signifieth it cometh of ventositie. Therfore lay vnto it a bagge ful of meale, saltem, and cumyn dzyed together.

An other remedye.

Take a sponnefull of hote ashes, beate them wyth good wyne, and couer them wyth a linnen clothe: that it goe rounde about the sponne, and laye it to the stomake.

An other remedy.

Take a sheaue of bread metelye thicke, toste it, and wete it in hote oyle of camomill as hote as it cometh from the ouen, or in oyle of spike, and wrappe it in a linnen, & lay it vpon the payne.

An other remedy.

Put a great boring glasse vpon the navel, and let it be there one houre.

An other remedye for payne of the stomake.

Take

of Lye.

Take two drammes of diacintyon, of dianisi, of diagalanga, and drinke it wyth a lytle good wyne, an houre or two before meate. To drynk two ounces of malnesy, with a litle of one of the sayd electuaries, is very good for such peines as procede of colones or bentosite.

An other remedye.

Take a dramme of galingale in powder and gene it to drinke with a litle hotewine and aboue al thynges for payne of bentosite, a singuler remedy is to drynke a lytle Calloz, with good wyne.

An other.

Likewise to drinke two houres before meate thre or foure ounces of the decoction of myntes, anyse sedes, cummyne, and fyne frankensence.

Also it is good to drynke an electuary called aromaticum, whereof ye maye receyue one losenge euerye mornynge fastynge.

An other speciall medicine.

Take half an ounce of iuice of mintes, .i. li. drammes of iuice of wormwood, lignū aloes, & cloues, & rilo balsamū, of ech in powder half a scruple al mixt together, & drōke
F. liii. warme

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warmed.ii.oz.iii.houres before meate, are
exceedyng profitable.

The syrte Chapter, of remedies
for diseases of the lyuer.

The liuer is one of the principall
members and chiefe instrument
of generacion of blood, and of o-
ther members: it lieth on the ryghte syde
vnder the shorte rybbes, the whych is or-
dayned to digeste the meate the seconde
tyme, and therof to make humoures that
nourisheth all the members of mans body,
by his naturall heate, comforted by heate
of the hearte. But sometymes it is greped
by blood, into muche aboundaunce, or by
coleryke humours, whyche cause to great
heate, or els by fleume that doth diminishe
the same.

A remedy for an hote lyuer.

If the liuer be to hote, because of to much
blood, the person hath red bryn, hasty pul-
se, hys beynes great & ful & he feeleth hys
spattle, mouth & tonge sweeter then it was
wont to be, wherfore it is good to be lette
bloud of the lyuer bein on the ryght arme, & to
use lettuce, sorrell, purselan, and hoppes
in pottage, and some tymes to drynke
of

of Life.

of the water of the saide herbes fasting, or
els endiue water to refresh the liuer.

Regiment for disease of the
liuer comming of bloud.

Ye must abstain from drinking wine
and eating of flesh, and if at meat or
drinke ye must other wise, the wyne
ought to be watred, and the fleshe boyled
with letuce and sorrell. It is better to drink
ptisan, or stale cydre, and eate broth of pea-
son, almon milke, hulled barley, or roasted
appels, and damaske prunes, whyles the
heate be deminished. And ye ought euerye
day to prouoke the ductie of the wombe, e-
ther by meanes of suppositoie, or els o-
therwise.

If the liuer be ouer hote with cholere,
the pacient hath his vyne clere and yelow
without measure, great thirst without ap-
petite, and feleth great burnyng in his bo-
dy, and commonly hath his belly bounde,
and hath his face yelow.

This disease of the liuer chanceth most
in sommer, and for it ye muste take twyse
in a daye an ounce of sirupe of endiue, or
violettes, with a good draughte of ptisan,
drinke it twoo or thre houtes before meat,
and

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and also at night to beddelwarde, and so to continue thre or foure daies.

In steede of the saide sirupes ye maye take thre ounces of ptisan, or thre ounces of water of endiue, cikory and sozell medled together, for eche time. Then the fyfth day in the mornynge earlye, it is good to drinke a purgacion that purgeth cholere, which shalbe made as foloweth.

An excellent pourgacion for to auoide cholere, and may be geuen to manne of all ages.

TAke halfe an ounce of cassia newly drawen, a dramme of good rubarb infused a night in water of endiue, with a litle spikenarde, and an ounce of sirupe of violets, mixte all the sayde thinges with thre ounces of ptisan or whaye, and drinke it warme, as afore is saide in the other.

Boles for the same.

In steede of the sayde medicine (whiche is so costly for poore folkes) ye may make boles of halfe an ounce of cassia and thre drammes of electuarium de succo rosarū, and cate them thre houres after midnight
and

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and slepe after it, but all the day ye muste kepe the chaumbre, and if ye hadde rather drinke it than eate it, mixte the saide boles with whele or endiue water, and drynke it at fve of the clocke in the mornynge, but slepe not after it.

Other medicines laxative.

Take halfe an ounce of diaprunis laxative, mixt with thre ounces of decoction of frenche prunes, water of succore, and drinke it warme at fve of the clocke in the mornynge, or els sixe houres afoze meate.

In stede of the saide diaprunis, ye maye take halfe an ounce of electuarium de succo rosarum, and make a lare as afoze is saide.

And it is to be noted, if the pacient be very weake or easly to worke vpon, ye maye take away a dramme bothe of h diaprunis, and also of succo rosarum. After the saide purgacion, it is good to refresh the liuer with laying to without on h right side, vnder the nether ribbes, a playster of cerotū scandalinū. spzed vpon a linnen cloth of h bignes of .iiii. fingers, or bathe h said place wth a linnē cloth wet in water of endiue, plātain & roses, warmed together.

More

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Moreover it is good to take euerye morning before meat, a losēge of triasandaly, & to drinke after it endiue water. iiii. ounces.

Regement for heate in the liuer.

The patient must abstain from fleshe, and saltfishe, strong wine, garlike, onions mustard, and such other hote meates. It is good to vse brothe of pease and veruice lettice, poppy, spinage, and bozage, and som time a litle vinegar, if he be not greued in the stomake. This regimente is good also in tyme of pestylence, and of to greate heate.

A iulep for heate of the lyuer.

Take halfe a pound of rosewater, one quarter of water of endiue, and .v. ounces of suger, make a iuleppe, of whiche ye shall drinke fastynge a good draught And if ye wyll nedes drynke for thirst betwene meales, lette it be myngled with two partes of water of the well. And if ye will haue it more coolynge, adde vnto it two ounces of vinegar, or the iuyce of a pomegranade. If the liuer be colde, for the fluxionatike matter that is in it the person hath water white, and out of colour, the face

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face pale, and his mouthe watrye, iittle
bloude, and feeleth heauinesse aboute hye
liuer.

Remedy.

He oughte to drinke in the mornynge
earely, thre or foure times a sirupe calld
primell diureticum, with the decoction of
smalache and persely, or with waters of
smalache and fenel, and after he must take
to purge the fleume a medicine made as
foloweth. Take sixe drammes of diasynico
if the person be strong or halfe an ounce
if he be weake, and distemper it in foure
ounces of the decoction of the rootes of
smalache, persely, fenell, and drinke it luke
warne siue or sixe houres afoze meate.

In stede of the sayde medicine one may
gene two drammes of agarike in troscisks
with water of smalache, or els good fe-
nell.

An other medycine laratiue.

Take halfe an ounce of diacarthami, or
halfe an ounce of diaprunis laratiue, or as
much of electuarium dulce with thre ounce
s of persely water, smalache, yslope, or
fenell, take it siue houres afoze meate.

Regement.

The

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The patient must drinke good wyne, & vse ginger, cinamome, graynes of paradise, anyse, and fenell, and hote herbes in pottage, as sage, yslope, tyme, maioran, and auoyde al rawe frutes, and also raw herbes. Moreover it is very good to make a plaister of smalache, wormewood, spikes narde in powder, with oyle of oil mingle it and lay it vpon the liuer.

Agaynst stoppyng of the liuer called op- pilacion.

Oppilacion or stoppyng cometh sometyme in the holownes of the liuer, and it is knownen by compassion and payne of the stomacke, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilacion is in the baines of the holowe part of the liuer, and is perceiued then by the grieve, which the patient feleth in his backe & in his reins. And it is healed by thynges that open, as by sirupes of the thre rootes, sirupe of bisantius, sirupes of maidenheere, and by drin- king the decoction of raisins, fenel, persely smallache, cicorpe, or waters stilled of the
same

Of Life.

same herbes. Also rootes of alisandre is good for the same. &c. Sometymes y^e sayde oppilacion cometh of grosse blood, earthy, and Melancholyke, whiche the members sende vnto the liuer, and because that suche engendred blood can haue no yssue, nor hath any way to depart to anye other members, therefore bee the veynes of the liuer stopped vp, by the grossenesse of the sayde blood. And it is known by the water, that is very hye coloured, and clere.

K remedy.

Geue the pacient medicines that perce and subtile, as is wyne of pomegranades, sirupe of endiue, with the decoction of cicers. Then let him bloud on the liuer vaine and euery moorning eate a losenge of triacandaly. Sometime the said appilacio cometh of aboundance of some humour viscoule colde and fleumatike, stoppyng the vaines of the liuer, and then the vyne is as clere, as clere water.

K remedy.

The payente muste drynke euery morninge the syrupe of orinell squilly, with halfe a draughte or more of the decoction of rootes of smallache, fenel,

The regiment

fenell, and persely. Sometymes bnto wo-
men commeth oppilation of the liuer, by
recepuyng of their purgacions. Where-
fore it is good to let them bloud on þe vayne
called saphena, whiche is aboue on þe hyper
syde of the insteppe. And let them take af-
ter the chaunge of the moone, seven or
eyght mornynge an opiat called Trisera
magna, euery tyme an ounce. And after
druke thre ounces of water of mugwort,
psope, and fenell, or the decoction of these
herbes, or els the rootes apperitiue, which
be smalache, persely, fenell, alexandre and
asperage, boyled in water with the thynde
parte of odoriferous white wyne.

Medecynes for the lyuer that
maie bee easily hadde at
all tymes.

Take a good handfull of liuerworste, þe
groweth vpon the stones, and an other of
funtitoyn, with as muche of hartes tonge,
and seeth them in whay clarified, & drynk
them euery day thwyle.

The lyuer of an hare dreyed and made
in pouder, is good for all diseases of the ly-
uer, as affirmeth Auicene, and other of the
Arabians.

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Also for heate in the lyuer seeth barberics
in whey, and drynke them.

The.vii. Chapter, agaynst
the diseases of the
gall.

The gal is placed in the holownes
of the liuer, to receiue the superflu
itie of cholere, and to sende it to y
bowels to be auoided with y grosse
excrementes, to the intente to clemie the
bloud of the sayed cholere.

To the which there cometh oftentimes
opplications in the parties aboute by the
liuer, or beneth in it selfe, next the bowels
causynge great paine, by reason whereof, y
choler turneth agayne vnto the liuer, and
there is mingled with the bloud, & spreade
abrode into all the veines of the body, and
bredeth a disease named iaundis (ictericia
in latin) wherof be thre kyndes, that is to
say, yelowie iaundis that procedeth of cho
ler, called citrine or yelowie greene iaun
dis, which procedeth of greene choler, and
black iaundis that, procedeth of black cho
ler, which is called melancholy, and com
monlye cometh of the oppilation of the
plene.

C.i. Remedy

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Remedy for Jaundis.

If the jaundis happē in an ague before the vii. day, the patient is in great danger of hys lyfe, as Hipocrates sayeth. But if it appeare in the. vi. day, beyng a day without all oꝝ cretriike of the ague, oꝝ after, it is a very good sygne.

And then ye must succoure nature, in refreshyng and dygesting the choler, with syrupe of byolettes, geuen in the morning wyth water of mozell, oꝝ syrupe of endiue wyth water of cicorle.

After thys pouрге the Choler as is sayed in remedies of the L yuer. And then geue hym a losenge of Triasandall, wyth Reubarbe, euerye morninge twoo houres before meate, and drynke a lyttle waters of endiue, and cicorle, afoze the sayd Losenge.

Moreover, it is good to bath the lyuer, as it is sayed afoze, & washe the patientes eyes wyth byneger, and womans mylke, and drynke a Prisane made of barley, lyquyryce, prunes, and the rotes of fenel. And if (when the feuer is past) the jaundys tarveth styll, the patiente muste drynke water of fenel, and mozel, wyth the syrupe of

of occisaccarium composte, and it is good
to lay a quycke tenche vpon the lyuer.

Jaundys sometyme commeth wythout
feuer, and may be healed by thynges that
I declared here before, or thus.

An other remedy for
the jaundys.

Take foure ounces of radish, and geue
it the sycke to drynke fyne moynynges, iii
houres before meate. In stede wherof it is
good to drynke euery moynyng foure ou-
nces of the decoccyon of horehounde, made
in whyte wyne, or as much of the decoccy-
on of Cendody and Barberyes, wyth a li-
tle Hony and Saffron.

An other remedy.

Take wormes of the earth called angle
twytches, and wash them in whyte wyne,
then dry them and drynke of the a spones
full at a tyme, wyth whyte wyne.

An other.

Ye maye lette hym drynke. vii. or. viii.
dayes together in the moynynges, a good
draught of the decoccyon of polytrichō, or of
maydeheare. The decoccyon also of wood,
bind, or the water of it distylled in a comon
still, is a souerain medecin for the said disease

The Regiment.

An other singular remedy.

Take cowes milke and whyte wyne of eche a pinte, and dystill them in a still, kepe that water a moneth, and then geue it to the patient three ounces in the morning two houres afore meate, & likewise after supper, when he goeth to bedde.

The eighte Chapter, for diseases of the splene.

The splene is a member long, softe and spongy, beyng in the lefte side ioyned vnto the holownesse of the stomake, and to the thicke endes of the ribbes, and to the backe, the whiche is ordeyned for to receiue the melācholy humours and to cleanse the bloud of the same, for by that meane the bloud remaineth pure and cleare. Therefore it is good nourysshynge for all the members and is the cause that maketh a bodye merie, but often tymes there happeneth oppilation or debilitie, wherof commeth the blacke iaundis.

And sometimes it is greater, fuller, or grosser than it oughte to be, by ouer much melancholye that is not naturall, caused

of Lye.

of the dregges of the blood engendred in the liuer, and dooethe hynder generacyon of good blood where throughe the members become drye for defaunte of good nouryng. And therfore the patient is called splenetyke, whiche ye maye know by that that after meate, they haue payne in their lefte syde, and are alwayes heauye, and hath their faces somewhat enchynging vnto blacknes.

Remedye.

In opilations and apostemes of the splene, whether it be of hote humours or of colde, he oughte to be let blood on the splene bein called saluatella, which is in the lefte hande, betwene the litell fynger, and the nexte finger which they call medicus. And ye muste drawe out but a litle bloude.

And if the patiente feeles a burning on the lefte syde, and hath a drye tonge without appetite, it signifieth, that suche dyscase of the splene, is caused of an hote humour. Therefore ye muste geue the patiente soure, or b. moynnges fasting, Nrupe of endine water, and hartestonge, then a pouergaciō made as foloweth thus.

C.iii.

A good

The Regiment.

A goodly purgacyon to a
uoyde melancoly.

Take halfe an ounce of saccorosa-
rum, and three ounces of the de-
coction of the rootes of capparis
and hartestong and make a drinke
the whiche ye maye minister in a good
day to take pourgations, sixe houres afore
meate.

An other.

In stede of that drynke ye may temper
halfe an ounce of cassia, and three drames
of dialeny, in thre ounces of whel, or hart-
stong water, and drynke it as is aforesaid.
After the sayd purgacyon, ye ought to an-
noynte the splene wyth oyle of hyolettes,
or oyle of lyne seede, or to make a playster
of the sayd oyle and lyne seede, and the rootes
of capparis, and laye vpon the splene.

Also after the sayed purgacyon, it shall
be good to laye vpon the splene: nightshade
purcelan seade, and powder of plantayne
myrte wyth bynegger, lyke a playster, and
if the pacyent haue more appetyte then he
can dygeste, and that he haue belchinges
of the stomake, sometymes soure in the
mouth.

mouth, it signifieth that the passion splene
tyke, commeth by a colde humoure melan-
colyke.

Remedy.

Ye muste drynke syrupe of stycados, or
hartestonge, or oryinel diureticum with
water of the decoccion of hartestonge, es-
pithime, smallache rootes, parcely rotes,
tameriscus, and myrtes, or els onely with
the decoccion of hartestonge, and rotes of
capers. And then after purge it fro suche
melancholy humoꝝ, wyth an ounce of dia-
rotholoon, and two drammes of dyasene,
dissolued in thre ounces of the sayed de-
coccion or water of wormwood or harte-
stong.

And after thys ye muste annoynte the
syde of the splene, wyth oyle of lyllys, oile
of dyll, freshe butter, marpe of an ore, and
henthes greace, or of a dogge medled toge-
ther, or annoynte the sayed side with dial-
thea.

And the patient ought to drynke white
wyne, and the decoccion of hartestonge, e-
uening and mornynge, takynge two figges,
wyth poudre of Asope, pepper or gynger,
but he maye putte no water in hys wyne

The Regimene.

and oftentimes he must eat capres, with a litle oyle and vineger.

If for the oppilations of the splene the pacyente hath a pale coloure, or leadye in the face, and a whytnes of ctes, takinge a waye of appetite, payne in the lefte syde with hardnesse, and hath his excrementes blacke, as it is a signe of the blacke laundis.

An experte medicine for all diseases of the splene.

TAke the leaues and coddres of senye the barke of an ashe tre scraped and cut maddenheare, hartestong and liquorice, seeth them all in clere whay and after they be strayned, drynke of it twise or thre a daye tyll ye be amended.

Remedy for the blacke laundis.

Ye must geue situpes and purgations, as afore is sayd, and to be lette bloud of the veine saluatella, and afterward diuers tymes euening and morning, to apply ventoses vppon the splene wout sacrificyng. Afterwarde ye must laye on it a lyfte, wette it in good vyneger, and keepe it there so longe as the heate remaineth

Of lyfe.

remaineth in the saide liſſe, and warme it three or foure times.

Afterwarde annoynt the ſplene wyth dialthea, and ſo continue foure or fyue daies, and other foure or fyue dayes lay vpon the plaſter, made of two ounces of gumme armoniacke, diſſolued in vyneger and ſpyed vpon lether. And if by the ſoreſaide thinges the pacient be not eaſed, the doctours of philicke ſaye, that he muſt receiue the medicines againe, at y leaſt once in euery moneth, for half a yere together.

Regement for al oppilacions.

The paciente oughte to vſe thynges of eaſie digeſtion, and in ſmall quantyty, and ought to abſtaine from bread to litle leuened, cakes, tartes, paſties, pies, hogs fleſh, biſc, and poudred meates and fumiſhe. Fiſhe, limmons, peason, beanes, mylke, cheeſe, ryſe, and firmentie, al fried meates drinke after ſupper, wyne and apples, whiche with all other lyke trouble the bodye. Alſo ye muſt abſtaine from much morning or exerciſe by and by after meat.

It is good to vſe capres, aſparage, hops broth of dyed peason, with parſely, or hys rootes, ſmall birdes of the ſielde, kyddes fleſhe,

The Regiment.

fleshe, yonge mutton, lambe, chikyns, fowls, sautes, suites, partriches, scaled fysh, of sweete runnyng water, with perselye, and vineger. Fewe layd egges potched in water, are very holesome, and ye may drynke white wine or claret, onely at meales.

Also it is good to vse crosses, sage, yslope mintes, fenell, and persely, succowe, scari-ole, and bettes, and singularlye, to take fasting, halfe a sponesfull of redde coleworthe sodden, and to eate often anyse seedes, and fenell.

The ninth chapter for diseases in the bowels.

If a person be sixe guttes three small which are situate ouer the nauill, and three great, whiche are placed vnder the nauill.

The first is called dudenum, because it is .xii. ynches long.

The seconde is called ietunum, for that nothing remayneth in it.

The thirde is called Illis, because it is long and small.

The fourth, which is the first of þe great ones, is called monoculus, because it is like a sacke, and hath but one mouthe, & un-

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Of life.

that same sometymes are wormes engendred of ventositye, that causeth payn of the belly on the ryght syde, whiche is not the very cholyke.

The fifth they call colon, because it hath many holow places, and it procedeth from the right syde vnder the liuer, and it maketh his reuolucion vnto the lefte syde, wherein is engendred the cholyke, which is dispersed by all the belly, more then by any other discaise.

The sixt is called rectum, because it is nye vnto the left kidney, and goeth euen ryght downe in the foundament.

Hipocrates calleth þe thre bowels that are next the stomake *Iliaca*, that is to say, small guts, and the payne of one of them is called *Iliaca passio*, a very sharpe payne. *Rasis* calleth it *domine miserere*. Likewise also *colica passio*, is called of the gutte colō, whiche .ii. diseases are sisters, forasmuche as they come oftentimes both of one cause þe is to say of the oppilation of the bowels. Remedy for the cholyke, & of *Iliaca passio*.

As much as those diseases are exceeding eygre, sharpe, & almoste importable of pain wherof many times foloweth

The Reglement.

foloweth defeccion of the strength, with variety of medicines, ye ought uncontynently for to help them.

First when the said paines come by stopping of the belly, ye muste geue hym a glister mollificatife, made of the decoction of malowes, violets, beetes, anise seede, and fengreke, with cassia, and common honny, and oyle oliue, and afterwarde the herbes of the saide glister brused and fried and laide hote betwixt ii. linnen, & applyed to the belly.

And if by this meanes the payne ceasse not, let the patiente sit vnto the buttockes in the saide decoction, and after with dialthea and butter, annoynt the naryll. And if the saide glister do not worke sufficiently make another of the same. or els geue him a suppositoꝛie which is log ynough, made of pure honny, and sal gemme.

For the windy cholike.

Through windynes oftentymes cometh the colica passio, or iliaca, and then it appeareth that the paine is chaungeable, and moving from place to place, and is knowne also by the rumblyng, which is a noise in the bowels, with grippng, & great payn.

Of life.

payne.

Remedy.

Take mallowes, beetes, and mercury,
of eche a good handfull, maioram, rue,
papes, and camomill, of eche a litle hande-
full, anise sedes, cummin, of eche an ounce
make a decoction, and take therof a pynte
and a halfe, and dissolve in it an ounce of
rassia, halfe an ounce of triacle, and three
ounces of oyle olive, or of camomill, and
make a glister, the whiche must be geuen
warm vnto the pacient, long before or af-
ter meate. In stede of the laite glister, ye
may geue him a pounce of oyle of linsede,
whiche is a singuler thyng to take alwaye
all diseases of the belly. Also it is good to
make a mixture with oyle of hempseede.

For to appease the payne
caused of wynde.

First make a glister of maluesaye, oyle
of camomill, or dyll. If for the said glisters
the payne cease not, or els the pacient wyll
not take them, take a great spounge or els
a felt of a hat, and steepe it in wine of the
decoction of rue, camomil, maioram, anise
sedes, and cummin. And afterwarde lay it
vpon the payne, as hote as the paciēte can
suffer

The Regimient.

suffer, and .liiii. times in the daye it is good to let hym drinke wyne, wherein hath ben sodden rue sedes, carawales, and cummin. Drynke at euery time a litle draught, and eche daye kepe abstinence from eatenge & drynkyng muche of other thynges tyll ye be perfectly hole.

A suppositoꝝ for the windy cholike.

Take a dramme of rue, in fyne powder, and half a dramme of cummin dꝛyed and poudred, & with hony scummed, make a suppositoꝝ.

A plaister for windy cholike.

Take two handfuls of rue, in fyne powder, myrre, and cummin poudred of eche halfe an ounce, foure egges yolkes, and make two plaisters with hony, and laye on the one at night, and the other in the morning, vppon the belly.

Water of camomil or a decoction of the same dronken, is good for them that haue suche diseases. Also a dꝛyed skorne in powder, and geuen to drynke with white wine is very good.

If ye know that the payn of the bellye cometh through winde, apply vppon it a great brentose without incision, for by that means

Of lyfe.

meanes & said pain wil surely goe awaye,
or diminish. If not, it sheweth that there is
some humours that causeth the sayd payn
is fleume or choler. If by fleume it cometh
ye must make a glister of a pint of the de-
coction of camomill, rue, wormwood, ma-
oram, melilote, centaure, anise seedes, and
fenell, and in the same decoction put halfe
an ounce of hiera picra, or half an ounce of
diaphinico, & .iii. ounces of oyle of dyl, or of li-
ces. Also ye ought to geue to the patient si-
rupe of wormewood, and to make applica-
tion vpon his belly as hath bene sayde a-
fore, or to laye vnto it gromyell scabe and
ay salt dyed together, whiche layd vpon
the belly, is lyke wyse good for the wyndye
cholyke.

If after the sayde thynges the said payn
contineth, ye must make a purgacion as fo-
loweth.

A purgacion for cholyke, con-
myng of fleume.

Take fiue drammes of diaphinicon,
thre ounces of wormewood water
and make a drink, the whiche re-
uelued fastyng, foure or fiue houres afore
meate, is very profitable.

For

The Regiment.

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fore, or to laye vnto it gromyll scide and
ay salt dreyed together, whiche layd vpon
the belly, is lyke wyse good for the wyndye
cholyke.

If after the sayde thynges the said payn
continueth, ye must make a purgacion as fo-
loweth.

A purgacion for cholyke, com-
myng of fleume.

TAke five drammes of diaphinicon,
thre ounces of wormwood water
and make a drink, the whiche re-
sued fastyng, foure or five houres afore
meate, is very profitable.

For

The Regiment.

For payne of the cholike
comming of choler.

If the sayde paine cometh of cholere,
whiche is knowen when by the applica-
on of hote thynges the payn encreaseth, ye
muste make a glister of violettres, or geue
hym half an ounce of succo rosarum with
pissan, endiue water, or wyne. And the next
mornyng let hym drynke a ptisane, of the
decoccon of prunes, and violet floures,
annoint the belly with oyle of violettres, or
wet a linnen clothe in colde water, and
laye it thereupon. If it doe continue styll,
the patient muste be set in warme water
vp to the hanches, and of the payne com-
ing of colde, ye must annoynt his belly with
oyle of bayes and goosgrece.

For the wyndy cholike.

If it be wynde, make a glister of new
milke with a litle oyle, and the yolke of an
egge, so: it is very good. Also it is good to
let hym drynke a dramme of hierapicra
simpler with ii. ounces of water, of cardus
benedictus, or puttelane or wormewood
and to make a playster of letke leaues
fryed in oyle and vineger, and layde vpon
the belly.

Lyke wyse

of L yfe.

L ykelike it is good to drinke the iuyce
of enula campana, or the sirup therof, and
to wear a plaister vpon the belly, made of
hony, wormelwood and aloes.

A glister for all colike.

Take y oldest cocke ye can gett, the which
must be wel beaten with smal rodde, and
then choppe of the head, and put in a good
efficiency of water, and scalde him and
trimme him for to seeth. And within the
ealy of the saide cocke, put anise sedes, fe-
nel, comin polipody, and the sedes of car-
amy, of eche halfe an ounce, turbith, sene,
and agarike, boude surely in linnen cloth,
of eche two drammes, floures of camomill
in handfol, sieth the vntill the fleshe go fro
the bones, and take of the said decoction a
pound, and a quartron of oile of camomill
and dill, and thre or foure ounces of egge
yolkes, make a glister, whiche muste bee
giuen warme, long before or after meate
drinke.

Pillule cochie ar very good for the said
sore, specially when the glister doeth not
 suffice to purge the cause of the same.

Also diamusci and diaciminum ar betrys
good lectuaries, if ye take of one of them

℞.i.

a lo.

The Regiment

a lozēge fasting, two houres befoze meat. Likewise it is good to take mithridatum, with a litle white wine, or with the decoction of camomil, four or five houres after diner, if his belly be naturally large, or close by some suppositoꝝ or glister.

Against disease of the raines of the backe, and the loines.

Ayn of the rains is called nephretica, passio, and cometh of some stone or grauell, and it is moste like vnto the colike in cure, but in causes they be cleane contrary: for the colike beginneth at the lower partes on the right side, and goeth vp to the hieꝝ partes on the lefte side of the bely, & it lieth rather moze forward then backward: but nephretica passio beginneth contrary wise aboue, descending downward, and euer lieth moze toward the backe.

Also nephretica is painfuller afoze meat and the colike is euer moze greuous after. And often the colik chanceth sodeinly, but nephretica contrary, for commonly it cometh by littell and litle, for euer moze befoze, one shall fele paine of the backe with difficultie of vryne. Item there is moze difference

of Life.

ference for the colike sheweth bynes, as
it wet coloured, but nephretica in the be-
ginning is cleare and white, like water, &
after wardeth thicke, and then appeareth
in the bottom of the vessel, like redde sãde
or grauell.

Remedy for peins

of the reins.

Ye muste vse thinges aperstine, to
cause you make wate, but afore ye
ought to loose the belly in takinge
an ounce of cassia, an houre before meate:
but if your belly bee hard bound, ye must
take a glister made as hereafter foloweth,
before ye take the saide cassia.

A glister for nephretica
passio.

Take of marche mallowe rootes two
ounces, mallowes, violettes, beetes, and
march mallow leaues, floures of camomil
and mellilote, of eche a handfull, mellon
seede and anise seede of eche halfe an ounce,
wheat branne an handfull, & decoct it, and
take therof half a pound, and distempere in
an ounce of cassia, and an ounce of cour-
suger. ii. ounces of oile of violets, and an
ounce of oile of lilies, make a glister.

H.n.

In

The Regiment.

In stede therof ye may take colwes milke, with two egge yolks, in maner of a glister. And it is to be noted, that in suche a disease the glister must be great in quantitie, or els ye shulde make wressfinge and rumbling in the beblly, whiche shuld be an occasion of more pain. After this operatio, if the paine be not apeased, ye muste giue an other glister, after the operation of whiche, the patient ought to go into some bath, bp to the nauil, wherin muste be sodden mallowes, marche mallowes, beetes, pellitozy, linscede, fenugreke, and floures of camomil, with melilote, al put in a bagge in the saide water, and rubbe him with it: and at his going out of the said bath, ye must take .ii. ounces of sirupe of maidenheare, and radishe with .iii. ounces of the decoction of liquirice. Moreover, after the saide bath, ye must lay vpon the paine, a pultes made of herbes, and floures, with oyle of almonds, being in the saide bagge, and .ii. or .iii. morningys, take .v. or .vi. ounces of the broth of cicers, sodden with like rice, or elles drinke water of pellitozy, or cresses, or of rotes aperitiue, the whiche waters ar very good for to purge the gra

Of life.

well and the stone Likewise a very good
electuary? for the same, called electuariū
ductis, or iustinum, philanthropos, or lion-
tripō if one take a dram or two after ope-
ration of a glister, of cassia, or a pill of ante-
cibum, and after to drinke one of the saide
waters, or elles a litle whit wine warmed.

Regiment aswel for the colike, as for
the reines of the backe.

He must fle from all euill qualities
of the aire, as winde, rain, greate
heate, and greate colde, specially to
kepe him from warnig the reins against
the fire, nor to heate it by any other mea-
nes. Also he must abstaine from greate re-
pletion at one meale, and to long absti-
nence from meat, for all these fill the body
full of yll humors. Also sleape not on the
daye, specially after meate, nor lye not on
the reines when ye are asleape.

And ye ought to eat no saltfyshe nor no
stee, nor other grosse meats. Likewise one
oughte for to beware of all foules bred vp
in the water, spicery, pastry, and bread not
very well leuened, specially tarts, cakes,

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and

The Regiment

and other pasties made of flour. But aboue all, ye must beware of whi'e meats, as milk, chese raw frutes, hard eggcs, and asmuche as is possible, kepe your self from ire, enuy, melancoly, and other like affections.

For the fluxe of the wombe.

If all fluxes of the belly, cause the excrementes to bee duely serched for: if the disease bee suche, that the meate cometh out, euen as it was receiued, or not halfe digested; the saide fluxe is called henteria. If greate abundance of watery humours haue their issue beloe, the saide fluxe is named diarthea, which is as much to saie as fluxe humozall. And if bloude or mater appeare with the excrementes in the sickenes, then they calle it dissenteria, which is a great disease and a dangerous for to cure.

Remedy for the fluxe henteria.

Ifasmuch as this fluxe cometh for the moste part of greate debilitie of vertue retentive of the stomake, for the great moistnesse of the same, it is good to giue the sirupe of wormwood and hony of roses, taking of it with a sponne, or drink them

Of life.

them with the water of betony, fenel, and wormwood, and if it so be the patient doo desire to vomite, it wolde be good for him, or let him take half an ounce of hiera simple, with two ounces of water of wormwood, and if the patient be ströng ynough, adde thereto two drammes of diasimicon. And after this ye must cōfort the stomake with oyle of massike, spike, minte, wormewoodde, or nardine, or with a plaister called cerotum Galeni, spread vpon lether, and after laide vpon the stomake, or make a bagge of wormwood, mintes, and maioram dried, and lay it vppen the stomacke. In the morning take a lozenge of aromaticum rosatum, and a littell rinde of citron cōfit, and before euery meale, take a morsell of conferue of quinces.

Remedy for the flure humozall called diarthea.

The saide flure oughte not to be restrained afore the .xiii. daye, if nature be not verie muche enfebled. And sometime it cometh of hot humors, as of choler, & then one ought, to giue
H.iii. vato

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unto the pacient to drinke afore his meate
sirupe of ribes, sirupe of roses, or sirupe of
quinces, verve smithes water, and in the
steede of those sirupes ye maye make a iu-
lep thus.

A iulep for the fluxe humozall.

TAke rosewater, buglosse, and plant-
taine, every one half a pound, of all
the saunders two drammes, and
with a quartron an half of suger, make a
iulep. In the morninge two hours afore
meat, it is good to giue the pacient old co-
serue of roses, or a dram of trosciskes of
roses, after he hath dronke one of the saide
sirupes, or of iulep of roses with a litle of
smiths water, wherof the pacient ought to
drink at every time when he is a thriste.

If in the saide fluxe ther be egre matter,
and the strength of the pacient any thinge
constat, ye may minister the lauatozie that
herafter ensueth.

Take redde roses, barley, plantain, of eue-
ry one a handfull, sieth them, and in the
streining adde two ounces of oile of roses
one ounce of hony of roses, and the yolke
of an egge, and giue it in the maner of a
glister. Sometime it is expedient to take a
medicine

Of life.

medicine by the mouth, and it is made as thus.

A medicine for the fluxe.

Take the rindes of mirabolan citrin baken one dramme, rubarbe a litell dried vpon a tile, halfe a dramme, sirup of quinces one ounce, water of plantain. iiii. ounces, mingle all together, and let the patient drinke them foure houres before meate, and thā giue him a glister retentive made as thus.

A glister for the fluxe.

Take oile of roses, or quinces, of make, of euery one thre ounces, bole armoniacke in powder. ii. drams, medle all together, and giue it as a glister.

An other.

Take the iuice of plantain, of poppy, of bursa pastoris, and oile of quinces, of euery one. iiii. ounces, mingle them together, and giue it for a glister. And if the bowels be excoziat, ye shall giue this perculiar remedy. Take half one pounce of milke, the water wherein gaddes of Steele hath been quenched, the iuice of plantaine, and oile of quinces of euery one. ii. ounces, bole armonie one drame, goates tallow one ounce
and

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and make them in a glister, but without
vpon the stomake, ye muste laye this oint-
ment that here foloweth.

An ointment for the flure.

Take oiles of roses, quinces, and mirtles,
of eche an ounce, oile of mastike halfe
an ounce, powder of corall, and nuttes of
cipresse, of euery one a dramme, mingle al
with wate, and make an ointment. Here
is to be noted, that the glisters that are gi-
uen for to stoppe a flure, must be very litle
in quantitie.

Ye may heale the flure of dysenteria with
giuing thinges before declared for the flur
humorall, and take afore youre repaste .ii.
drammes of colserue of quinces, or of mar-
melade of quinces. And he ought to drinke
water, wherein hath bene quenched gad-
des of stele, and ye must auoide diuersitie
of meates, and giue your seife to ease, and
to quiet and sleape a great while.

And it is good to vse grewel, cleene barley,
and alme milke, with a litle amideam, and
set ventoses vpon the belly without cut-
ting, whiche thinge is also good in all flus-
res of the body. If the said flure humorall
procedeth of steame, it shall appeare of the
excre-

of Lyfe.

excrements that are watry and flegmaticke, and than ye ought to geue. iiii. oz. iiii. morninges, sirupe of wormewood, oz of mint, after purgacion as is here folowig.

A purgacion for the flure
hemorrhoidall.

Take. ii. drammes of mirabolanes dried on a tile, half a scrupule of agarick in troscick, halfe an ounce of sirupe of mint, oz. ii. ounces of water of balwme, and make a pociō that shall be receiued. iiii. oz. iiii daies afore meate.

If ye will make a iulep, take water of minte, and of balwme, of euery one halfe a pound, suger a quarterne and make a iulep, of the whiche one maye drinke euening and morning after meat euery time a draughte. Euery morninge it is good to take a lozenge of the electuarie that foloweth.

A noble electuary for
the flure.

Take powder of dyagalanga a dramme and a halfe, of redde corall and massike, of euery one a scrupule, troscicks of terra sigillata halfe a dramme, the darkes

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barkes of citrons confit, and quinces, of
euery one thre drammes, suger, dissolved
in water of mintes. iiii. ounces, make an
electuarie.

Oiles of wormewood, minte & of narde,
and mastike, are very hollesome to annoine
withall the belly, and the stomacke, for the
said fluxe.

And the thinges declared of the fluxe
lienteria, be very good in this case, taking
euer after meat, a morsell of marmalade.
Redde wine is very good in this fluxe, to
drinke at meat with the water of a smith,
and likewise al spices are good for the same
purpose.

Medicines to restraine the fluxe, of
whatsoever cause it be.

Take the peisill of an harte, and drie
it into pouder, and drinke it. The
water of oken buddes, or the very a-
cornes dried and made in pouder, & dronke
in redde wine, is very good.

Item the mawc of a yōg leuerette wi
the iuice of plantaine, is exceedinge profit-
fitable.

The tenth Chapter of diseases of
the matrice.

First

Of life.

First against superfluous flux of the
mother in the whiche ye must con-
sider whether it do com of to great
quantitie of bloud, & then it is good
to open the veine saphena, and abstaine
from all thinges that multiplie the bloud,
as egges, wine and flethe. Or whether it
come of cholere, and then ye must receiue
a litle sirupe of roses pomegranates, or ri-
bes with water of plantain. Than purge
the choler that giueth such sharpnes to the
bloud, by .x. drammes of trisera sarraceni-
ca, with two ounces of plantain water, or
the medicine of reubarbe, written in the
reatise of the fluxe humozall.

After purgacion ye may giue euery mor-
ning a lozēge of triasandaly, or a drāme of
trosciskes of roses, in powder, after drinke
two ounces of plātain water. And if suche
fluxe of the matrice, happē of the watrines
of bloud, giue her to drinke foure or .v. mor-
nings, hony of roses with a litle water of
wormwood, afterward purge her wth a drā-
me and a half of agarike in trosciskes, and
half an ounce of trisera sarasenica, mixt wth
water of minte, and of wormwood.

We maye knowe the causes of the saide
flux,

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flure, by annointing a threde or cloute in the saide bloud, for if it hath the coloure of vermilon, it signifieth that the flure cometh of to much bloud. If it appere a litle yelowe, it signifieth that the discaise cometh of the subtilitie and sharpnes of the bloud, ouercom with choler. And if it hath a coloure lyke the water in whiche newe fleshe is waished, it betokeneth the bloude is muche watry.

And after ye haue purged the princippall cause of the discaise, youre seconde intencion shalbe, by and by to staunche the saide issue. Wherin also one thinge is to be noted, that if nature be accustomed to auoide any superfluites, by cōtinual course of the said flur, it wold perchauice be inconvenient for to stop it, wherfore if ye see no iopardie, ye may restraine the said flur this wise.

Remedy for to stoppe the
said flur.

Take trociskes of white amber, and make them in pouder, and giue a dramme every morning, and anon after drinke an ounce, or ii. of water of plantaine.

An stede of these trociskes, ye maye
make

Of life.

make a powder of sanguis draconis, bole
armeni, white amber, and red corall, drin-
king oue dramme thereof, with plantaine
water as is aforesaid.

An other medicine to staunche
the saide fluxe.

Take two ounces of olde conserue of
roses, of the seede of plantaine, two dram-
mes, sanguinis draconis, bole armeny, of
euery one a dramme and an halfe, white
corall and redde, and one dramme, make a
confection with sirupe of mirtilles, and
take it to drinke, morning and eueninge
two houres afore meate, at euery tyme the
quantity of a meane chesnutte.

For thesame.

Applie ventres vnder the breastes twi-
ce a daye, before dinner and supper, and
use to beare about your necke or holde al-
waies in your hande, red corall, iaspis, or
stone called hematites, whiche is a sin-
guler remedy for to stop euerye kinde of
cloudy fluxes yf it be born, or tempered in
wine and dronke, or make therof a powder
and vse of it euery morninge with a littell
wyne.

For

The Regiment
For retelyning of
the flowers.

Sometimes there chanceth vnto women when they can not haue their due purgations, to fall in greuous kindes of sicknesses, for the auoidāce wherof, it is good to helpe them and prouoke the said purgations by such thinges as open, which must be giuen at suche time of the moone as the said women were wont to haue the same.

And if ye see the womans bloud to be too grosse and thicke, so that she can not haue any suche purgacion, ye muste euery moeth geue her the sirupe of fumetory, with the decoctiō of bozag and buglosse, and let her bath her selfe with freshe water hoat.

And when she goeth out of the bath into the bedde, she muste receiue the foresaide sirupe and decoction of the herbe called rubra tinctozum or madder, sodden in cleare water. In steade of sirupes ye maye take the verye iuyce or decoction of the herbes.

And if the womans bloude be slimy, cold, & flegmatike, thē she must drinke sirupe of ficados, & of orimel diuretique, & afterwarde take y pilles called fetide, & of agarik. And

euery

of Life.

every morning after that, she must take a
dramme of trosciskes de mircha with two
ounces of the decoction of iuniper berries,
or two drammes of drifera magna, and
there upon drynke two ounces of water
of Bugworste.

And if perchaunce ye cannot haue these
thynges at nede, ye may take two ounces
of the decoction of alysaunders the roote
of smallache, cynamome, and a litle saffron
and let her drinke therof two tymes a day
and eate no meate thereafter during foure
houres.

Moreover it is a proued and experte
medicine, to geue the first day of the newe
mone a dramme of powder made of torac
whiche the goldestmythes doe occupie with
almost much cinamome, and a lytle water of
smallache.

Also it is verye good to haue the beyne
opened, which is called saphena, that lieth
outwarde betwene the insteppes and the
bele.

And if case so be that the sayd retencion
come of superfluite, or to much aboundance
of fat, then y^e ches remedy is to suffer much
hunger, & to eate verie litle, much exercise

¶ I. i.

and

The Regiment.

and labour to prouoke sweate, and to slepe as litle as may be possible.

But if it come of great debilitie and weakenesse of the body, when the naturall strength is overcome by reason of some sickenes, or after a longe ague, in this case ye may not goe about to prouoke the sayd purgacyon, but wth all youre endeuoure seke to restore nature and geue the pacient thynges of muche nourishmente as potched egges, good fleshe, and good wyne, wth other lyke.

Sometyme the sayed retencyon cometh of the excessive heate of nature, in some women, specially such as be valiante and strong as men, and those y are wonte to muche labour, by reason whereof the heate of their bodyes is so strong, that they nede none of the sayed purgacyons, for y superfluites of theyr bodies, ar sufficiently consumed of the heate alone, therefore they haue no nede of the sayed remedies.

For chokynge or suffocaty-
on of the matryce.

The matrice or mother in a woman oftentimes mounteth vp towarde the mydrefe and the stomake, wth intolles

of Life.

intollerable payns, and is called suffocatio, because that it is choked, or ouer charged wth some euyl and superfluous matter, as by stoppyng of the due purgacyons or to muche abstynence of Venus, where by is often chanced shortnesse of breath, payne of the heade, swoonynge, trembling of the heart, contraccyon of members, & other whyples death w^{thout} remedye.

A medicine for the sayd
dyscase.

Ye must rubbe the legges and wyestes of the armes vehementlye, and bynd them with cordes or with garters, tyll they ware soze, then set ventoses vpon the legges, and all to chase the stomake specially benethe the rounde about the nauyll.

And then ye muste constrayne her to smell stinking thinges, as assa fetida, galbanum, partriche fethers brente, and the quenchyng out of candels, with other such vnto benethe, ye must applye thynges of sweete odour, as gyloflours maioran ligum aloes, amber, ciuet and a trosciske of allpa muscata, and lette her drynke a draught of thys reccite that foloweth.

℞. ii. A

The Regliment.

A drinke for paine of the
mother.

Take one draught of mithridatum, and
dissolue it in an ounce and an halfe of wa-
ter of wormwood, and geue it to her to
drink, afore she go to meate foure houres.

Diuers goodly medicines for
diseases of y^e mother what-
soeuer be the cause.

Take the rasping of iuory, and the ra-
syng of an hartes horne, with the heare of
an hare, dzyed and made in pouder, and as
much of goates clawes bzent and poudered
if they may be gotten, or in stede of it she-
pes clawes, take al these and vse to eate the
in your porage or otherwyse, to stoppe the
fluxes of the matrice.

An other to prouoke them.

Seth marygoldes, nept and safine to
good ale, and dzyne it with a good quan-
tite of saffron, and a litle hony or suger.

Item. xv. blacke sedes of pionie, dzyne
in wine with saffron, purgeth the matrice
of humours, and other. xv. of the red sedes
flauncheth it agayne, or any other fluxe
of the mother.

An other.

The

of Lyle.

These herbes are good to purge the
matrice, Rue, ppony, saupne, betony, nept
haleria, mayden heare, horehounde, saue-
ry, percelp, gromel, alisander, marigoldes
smallache and tyme.

The xi. Chapter of the cure of
the stone in the reines, and
in the bladder.

Aine of the stone is one of y^e moste
enormous paynes that the body of
man is vered wyth, for by it manye
tymes the naturall vertues are destroyed,
wome lose their frute afore the tyme, cru-
ell and perillous accidentes commonly do
increase, yea and oftentimes death with-
out remedy.

Wherefore it shalbe expedient to the co-
fort of the poore folkes, and other that be
grieved, to wyte some good and hollesome
medicines for auoyding of the stone.

And seevugs that all authoures dooe
affirme the stone to bee engendered by
reason of the greate heate that is aboute
the reynes, straitnesse of the condytes, and
aboundaunce of grosse and slimye fleume
of hente choler, whiche by the sayed

J.iii.

recelle

The Regiment.

exceasse of heat, is as one would saye, baken or dyled as clay is in the fourneis, & so at last becommeth an harde stone, therefore it is chiefly to be noted that without amending of the foresayed causes, all that ye do minister for to breake the stone is either hurtful to the payente, or els of small effecte. For the whyche cause it is verve necessary that the patient kepe a sober diet.

And for the better vnderstandynge ye shall knowe, that all wyne (whether they be swete or sharpe, grosse or subtyll, white or redde) are in thys case vnterlye reiected.

Pulses also of what kynde soeuer they be, as pease, beanes, and suche, and all grosse fleshe, and water foules, and foules of greate bodies, as bustardes, cranes, & such lyke, are in thys case very dangerous and noysome.

Also ye may eate no kynd of frutes, excepte it be a fewe melons, ripe prunes, in small quantitie, and pomegranades, wyth a litle suger and corianders.

Of herbes ye may eate bozage, buglosse, percelpe, lettuse, myntes, spynach and succorpe in broth of beale, or of a ponge chicken.

of Lyfe.

ken. Pepes also and rapes and radyshe, in a small quantite, maye bee well inoughe permitted.

Botched egges are verve good in thys case, with a lytle berinpyce, but in any wyse beware of harde chese, for that is oftentimes the only cause of the sayd stone. All shell fishes are to be avoyded excepte it be a creuisse, or a shrimpe, measurably taken.

We must also take hede that ye cate no pepper nor hote spyes, nor no meates y are salt, soure, or heauy of digestyon, and that ye lye not on your backe on nightes when ye are a slepe. And ye ought to kepe your raynes colde and moyst, and to lette your backe be vntressed in the sommer.

After ye haue bled thys regymente or dyete by a certayne season, it shalbe good for you to take an ounce of cassia newlye drawen out of the cane, and eate it wyth a litle suger in the mornynge.

Thys ye muste vse every second weke, till in tyme your raynes be metelye well cleansed of the same, and euerye day cate a litle cassia, vpon a knyfes poynte, to kepe your belley moyst: for that is one of the thynges y are moste required in the sayd cure

Item.

And

The Regiment.

And at dyuers other tymes when ye be disposed, ye maye take a litle of thys receit hereafter, whiche hath greate vertue to mundifie the reynes, and to bring the humours to equalitie, wyth releasyng of the payne, and bringyng out the grauell.

A goodly syrype to mundifie
the reynes.

Take the brothe of a younge chicken sodden till the bones fall a sonder, three pounde, melon seedes a litle brused an ounce parcelpe rootes, and alysaunder rootes three ounces, damaske prunes, sevesten, of eche, bi. in number, greate raysyns halfe an ounce, cleane licozpe tenne drammes waters of bozage, endyue, and hoppes, of eche three drammes, and with suffyciente whyte suger, boyle them all vnto the consumption of the halfe & more, and afterwarde streyne them, and make a goodly syrype.

This is a thing of excellent operacion, and an hye secreete in mudyfyinge of the reynes, if ye kepe y diete as is afoze described. The dose of it is one ciath or a litle cup ful in y mornig early, & slepe after it a litle. If ye wold haue y fozsaid syrype to purge
more

of Life.

more choler, then put in it a dram of syng
reubarbe, with a litle cassia.

Hereafter foloweth a powder of
excellent operacion in
breking of the stone.

TAke h. kernels that are within stones,
& drie them on a tile stone, the make
of them a powder by it selfe : after
that take the rootes of alisandre, parselye,
parietarie, and hollibocke, of euerye one
a like muche, and seeth them all in whyte
wyne or els in the brothe of a ponge chye-
ken, then strayne them out into a cleane
bessell, and when ye drinke of it, adde as
much of the sayde powder as ye think co-
uenient, halfe a siluer sponesfull or more,
for without doubt it hath great effecte in
brynging out the grauel.

An other expert medicine for
them that haue the stone.

There groweth in the galles of some
oren, a certayne yelowe stone, some ty-
mes in bygnesse of a walnutte, somewhat
longe and byttle. If ye take that stone
and make of it a powder, and eate it in
your pottage, the weight of one scru-
pule or more accordyng to your strength,
it

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it is a singuler medicine to them that can
not pisse for stoppyng of the conduytes.

An other singuler medicine
for the stone.

Take the sede of smallache, persely, lo-
uage, and saristrage, the rootes of philippe-
dula, chery stones gromil sede, and bronie
sede, of euery one a like much, make them
in fine powder, and when ye be diseased w
the stone, eate of this powder a sponesfull
at once in pottage, or in brothe of a chicke,
and eate nothing after two or thre houres

The .xii. chapter of rene-

dyes for the goutte.

The payne in the ioyntes of a mans
bodye, as in the handes and fete is
generally called arthritidis, or goutte,
which proceedeth sometyme of debilitye of
the sinewes being lashe and vnable, to
consume the humours, that continuallye
do flowe vnto them.

And for the mosse part they are all de-
riued from the member mandant, that is
to saue, the brayne, for he is very grosse, &
engendreth euer humours in hymselfe by
reason wherof, muche of the sayd humours
are

of Life.

are deriued into the nuke and muskels of the back, and fro thence they descende into the fecte, and then it is called podagra, or to the huckle bone, and then it is sciatica, or els into the handes, and there it is chi-
ragra.

Remedy.

For as muche as al the sayd kindes cometh of one beginnyng, as is shewed afoze, and for the better expedition in that we will be bytrefe: ye shall first take awaye the superfluous moysture of the brayne, whiche is the roote and fountayne of all the saide diseases, and that ye maye dooe foure maner of wayes. The firste is obseruaunce of diete inclinyng toward drynesse, and to auoyde all fulnesse of meate and drynke, and not to slepe in anye wyse shortly after meate. And ye muste beware that ye eate no vaporous meates, nor thin wyne, nor drynke muche after supper. And if perchaunce the payne bee verie sharpe, it shalbe muche holcsome to the payente, to abstayne from all kyndes of wyne, & to vse hymselfe to small drynke, which thynge if he can not doe, then let hym drynke claret wine mixed with a good quantite of water.

The

The Regiment.

The seconde is to purge the brayn once a moneth, with the one halfe of pilles of cochies, and an other halfe of pilles assagareth. And in time of hartest, and of sommer, with piles sine quibus, and pilles imperial, wherof ye shall geue one dramme a night befoze the full mone, and the day following ye may geue hym to eate a lyttle broth of cicers, with a litle quantitie of raisins of the sunne.

The thirde is to repress the fumes that ascende into the brayne after meate, whiche thyng maye well bee done by eating of a litle dredge, made of anise seeds and coriander.

The fourth is to perfume the brayne with certayne thinges conforating, as for example thus.

A good perfume against mooures of the brayne.

Take fyne frankensence, sandrake, and mastike, of euery one an ounce of lignum aloes a dramme, make them all in grosse powder, and perfume therw ith stoupes made of flaxe or of cotton and laye vpon the head.

And when ye haue by this meanes well

Of Life.

well and buely comforted the brayne, and defended of the originall cause of the sayd disease, ye shall procede to take awaye the matter conioyned, that is descended vnto the synowes, and ye shall begynne thus.

First ye must preserue the body from engendryng of humours, in takyng euerye mornynge next your hearte a conserue made of akornes, and of floures of rosemary, mingled with a litle nuttemig and mastike, and if ye be of power, ye maye drinke a good draught of ypocras or other spiced drynke, after meate at dinner and at supper.

Secondarily, ye shall vnderstande, that whosoever doeth entende to bee holpen of the goutte, he muste euerye yere bee purged twoo tymes, preparyng first the matter to digestion with sirupe of sticasdos, and duabus radicibus, wyth the one halfe of waters of sage, prym roses and margerem, in maner of a spiced iulep with cinamon, taken fiue continuall mornynge.ii. houres afoze ye eate anye other meate. And after y, ye must receyue a dram of pilles called arthretyks, or hermodactiles, or of both together egal porciōs.

The regiment

D: take halfe an ounce of diacartami rlog
houres after night, and of diaturbith, of e-
uery one two drammes, with a litle sirupe
of yslope.

The rest of the sayde curacion shall bee
accomplished with the applying of dyuers
locall remedies, whereof there be soundy
kyndes and sortes here declared.

We ought to rubbe the place that is soze
with oyle of roses and a litle vineger, and
after sprinkle vppon thesame fyne powder
of mirtilles. An other plaister also as here
after foloweth.

A plaister for the gout.

Take of the emplaster called melilote,
two ounces populeon an ounce & a halfe,
redde roses, mirtilles, and floures of ca-
momill, of euery one a dram, make a plai-
ster and laye vpon the gouty ioynt.

An other.

Take the iuyce of colewortes & of wal-
worste, and with beane floure, and powder
of redde roses, and the floures of camomil
make a plaister and lay it to the soze.

An other.

Take oyle of roses, crummes of bread
volkes of egges, and cowes mylke, wyth
a litle

Of Liffe.

a litle saffron, seeth them together a litle as
ye woulde make a puddynge, afterwarde
sprede them vpon cloutes and laye vppon
the sore.

An other.

Make lye of the ashes of rosemary, oz
of oke, oz of beane stalkes, and boyle in it
saue, moleyne, primrose, camomyll, and
melilote, and receyue the fume vppon the
sore place, oz wette cloutes in the sayd de-
coccion, presse them and lay them vpon the
payne.

All the sayd remedies are very good to
swage the payne of the goute, after the
whiche done, it is necessary to goe aboute
the comfortyng of ioyntes and synowes,
and to that intent ye maye apply the grese
of pyes, oyle of camomyll and of althea oz
holyhocke, oyle of a fore, oyle of earthwo-
mes, oyle of primroses, turpentyne, oyle
of gromel brayde, wherewithall, oz with
one oz two of them ye maye annoynte the
sore place, and comfort bothe the sinowes
and the ioyntes marueylously. Also thys
oyntment that foloweth is singuler good
for the same purpose.

Take fise oz sixe handefulles of wal-
worste, and seeth theym well in wyne,
then

The regimene

then strayne them, and with a litle ware,
oyle of spike, and aqua vite, make an oint-
ment wherwith ye must anoynt the place
mornynge and euenynge euery day.

An other oynement for the gout.

Take a fatte goole and plucke her and
trimme her as if she should be eaten, then
stufte the belly within with two or three
ponge cates, well chopped in small gob-
bets, with an handfull of bay salte, then
solwe her vp agayne, and let her roste at a
small fier. and kepe the dripping for a pre-
cious oynement agaynste all kindes of
goutes, and other diseases of the ioyntes.

Medicynes for the gout appropriate in all cases.

Take colles donge, and seeth it in
sweete mylke, and laye a playster to the
goutte hote.

Also the yolkes of egges, woman
mylke, lynesseed, and saffron all together
in a playster, swageth the diseases of the
goutte.

And yf ye be dysposed to breake the
skynne

of Lyfe.

skynne, and to lette the humours issue (as
by suche many one is eased) ye shall make
a litle playster of blacke sope, and aqua vi-
te, whiche wil blister it without any great
payne.

Also verve olde harde chesc cutte and
sodden in the broth of a gambon of bakon
and afterwarde stamped wpyth a lytle of h
broth, and made in maner of a playster, is
a singuler remedy for diseases of the gout
and was first practised of Galene y prince
of all physicions.

A prayer to God for helpe, a-
gaynst the perturbacions
of the minde.

O Lord my God, almightie father
and ruler of my lyfe, my health, my
strength, my redemer, and protec-
toure, send vnto me the heauenly beames
of thy holy spirite, to illumine the darknes
of my synnefull heartte, and to guide me to
thy holy place. Shew me the light of thine
boundaunt mercye (O Word) that I may
no longer slepe in deadly synne O onely
father of lyghte whych in very dede doest
liken

The Regiment.

lighten euery mā that commeth into this
world, for thy great mercies sake it maye
please thee, to lighten the eyes of myne
hearte and to endue me with the spirite of
grace, that I maye loke vpon myne owne
synne, the greates offences where wth I
haue offended thee, and to knowe that in
my selfe there is no maner strength, for to
withstande the death, but onely throughe
thee. And I beseeche thee, O Lord, to co-
uer these my carnall eyes, y^e they see no ba-
nitye, and geue me thy grace, that I fall
not into concupiscence, to thende I maye
eschewe all euil thynges, & geue my mind
holy to the obseruacion of thy commaun-
dementes. Lord God I beseeche thee, that
synne maye nether raigne nor tary in me,
and that I be not subiecte to mine owne
fleshy appetytes, but that I maye expell
out of my thoughtes al vnlawful lustes, so
that my soule and al my mynde may be se
holy vpon thee. Lord God suffer not my
soule to be oppressed, but receiue me into
the proteccion of thy holy hande, and de-
pyse not me thy simple creature, whō thou
hast redeemed with the p^{re}ciousse bloud of
thyne onely sonne Iesu Christ. Thy mer-
cy, D

cy, O lord is aboue al that thou hast made
for thou doest deser the punishment of the
wicked, if perchaunce they would amende
at last, thou louest all that thou hast made
and hatest none but for their owne iniqui-
ties. And when the wycked turne agayne
to thee, and cry vnto thy holy name wyth
al theyr heartes, by and by thy mercye is
ready to receiue them, euen as I most de-
testable synner come wyth heart contrite
vnto thy mercy this day: that I maye ob-
taine remission of my synnes. To thee I
crye oute of the very depth and botome of
my heart, gooe not awaye from me my
maker and redemer, but heare the suppli-
cation of my prayer. For thou arte myne
only hope and myne inheritaunce in the
hande of liuers. I haue sinned, I haue sin-
ned (O Lorde) and heaped by iniquitie, e-
uen agaynst heauen, and afoze thee.

But I knoweledge mine offences,
and desier mercye accordinge to thy good-
nesse. Destroie me not (O Lorde) among
sinners, nor lette me not descende into the
pitte of deathe, that I vnworthy crea-
ture beeinge made worthis onelye by the
countenouance of thy grace, maye from

The Regiment.

henceforth lye in thy comaundementes,
loue, honoure, and praise thee. For al hea-
uently powers, angels, thrones, and
dominacions, laude and prayse
thy holpe name worlde
wythoute
ende.
Ame.

¶ Thus endeth the
Regimente of
lyfe.

There beginneth a godlye
bryefe treatise of the Pestilence,
with the causes, signes, and cures of the
same: composed and newly recogny-
sed by Thomas Phaier, studious
in Philosophie and Physike
to the ayde, comforte,
and briliie of
the pooze.

CTo thee good reader a
preface of the authoure.



After that god almighty
father and creatoure of
al thynges, hadde by his
vnsearcheable prouidence
ordeigned mankynde to
eternall felicitie, and ioy
at the begynnynge, he
thoughte it not prouge to haue crea-
ed hym of nothyng, a bodie moſte
excellente perfecte and pure bothe in
k. iii. members

The pꛛeface.

members and senses, aboue al oiber hye creatures here in earth, but also of hye inestimable goodnesse, endewod him with vniuersall and sondꝝ gifts of grace, as with vnderstandyng, minde and reason, wherby he might not onely (as here as is possible,) appꛛoch vnto him in the knowledg of his heauenly maicstie (as concernyng soule) but as well ymagine, searthe & fynde out, by all maner waies, aydes, comfortes and remedies, wherby also the body might bee saued and defended, against al assault of any thyng that shoulde annoynt it: so bounteous and plentiful are his gifts implanted in oure nature, that of all creatures we mighte haue been the happieste. But after that synne had entred into the world and by synne death (as Sayncte Paul saith) oure corrupte lyuinges haue made vs more corrupte so that now the lyf whiche we lead here, is not onelye verye pleasant vnto the moste of men, and if it be to some, yet it is vncertaine, mutable and sharte, but to many other, it is exceeding greuous, sorrowful, and tedious, subiecte to diseases, infortunes, and calamities: whiche for the moste part

The pꝛeface.

parte dooe encrease daie lie, euer the iuste
vengeance of God falling vpon vs for
oure greaſe abhominacions, and wythout
doubte wil euermore endure, unleſſe we
repent, and lyue in hys commaunde-
mentes. And to paſſe ouer all the whole
warines of ſo manie, bothe olde and new
dileales, where wyth the body of man (alas
for our ſinnes) is continuallie tourmented
and bered, to ſpeake nothyng of theſe
common and familiar infirmities, as le-
ues, agues, cankers, pockes, goutes, pal-
ſies, dropſies, reumes, pthiſikes, and o-
ther oute of number, whiche as if they had
conſpyred to fyghte againſte Phyſicians,
anne ſcarche be appealed with any cure
of medicine, what paine or puniſhmente
anne there bee ymagined to putte vs in
remembraunce of oure owne wyckednes
auſe vs to deſeſte oure abhominable ly-
uinges, and to call for merce wyth la-
mentable heartes more then thys onely
lainge and ſcurge of God commonly cal-
ed the peſtilence: Is there any ſyckenes y
halfe ſo violent, ſo furious & ſo horrible,
as this ſicknes is: what diſeaſe is there in
the worlde ſo benemous in infectyng,

The p[re]face.

so full of payne in suffering, so hasty in deuouring, and so difficile in curyng, as the plauge is: And yet are we now a dayes so stubburne and so frowarde o[ur] elles so drowned in the myre of filthe and carnall appetytes, that we nothyng dooe regard these open and mannyfeste tokens of our condēnacion in the sight of god, but apply our hole studyes to perseuer in our sinnes euer worse & worse: wherfore it is no more uel though the saied disease encrease, but rather to be feared, that almyghty God wylt poure his indignacion vpon vs with some other kynde of plauge more vyolente and terribile then the same is.

But to them that dooe repent, and putte their onely truste in hym, who can dooe but wonder at his infinite benygnty and goodnesse, that even in the midst of all thesaiued afflictions prouydeth them of remedies, leaste they shoulde dyspaire curethe and amendeth, all theyre grievous sores, languours and dyseases he created medycine euen oute of the peatthe, and of the wyse manne shall not be dyspyed. And surely

of the same nature of conuersion

The pꛛeface.

monges all other sickenesse, is there none
so daungerous as is the foresayde plague
for any man to cure by y way of medicine,
for it turteth it self in so many maner of
kundes, likeneses, and fashions, that thei y
are infected, are many times dead, afoze
it can be knowen that they haue the same
disease. Which thynge although many no-
ble and most excellent learned men haue
in times past worthely considered, and
thereuppon accordynge to their singuler
knowledge and industries geuen to them
of god, haue wyrtten vppon the causes,
signes and cures of the sayde disease, so
exactly, so learnedly, and with so greate e-
loquence, and cunnyng, that there seemeth
nothing either to be omitted, or possyble
to be added, to the perfect curacion of the
same: and so it would be harde for a man
of my slender wit, to inuent the thing that
they haue not inuented, muche more in
payne should I go about to write the same
thinges that they haue written alreadye:
Yet notwithstanding forasmuche as this
disease when it once beginneth, infecteth
none so much as the common people, a-
mong whom it is not geuen to all menne,

to

The p̄face.

to vnderstande the foresayde volumes, yf
they hadde them present, muche lesse can
they get their health by their own ymagi-
nacions or experimentes, specialy when
almoste no phisicion will vouchesafe to vi-
site any suche infected of the common sor-
(so great is the daunger of this cruel sick-
nesse) by reason wherof, the pacientes call
themselves oftentimes into despayre, and
so many of the poore people, creatures of
god, which by good medicines myght wel
ynough recouer, for lack of suche know-
ledge are bitterly destroyed and talt away
to the great pitie of al chursten heartes ch-
euuall ruyne of the common weale, wth
diuers other greuous & huge incommodi-
ties, as is daily seen where the sayd dis-
ease raggueth.

I therefore at the reuerence of almighty
tie god, and for the loue that I beate vnto
mine euen chursten, accordyng to y^e talent
wherewith the lord hath endued me, vnder
der the correccion of my frendes the phis-
icions, haue taken out of diuers and sodre
volumes, of the moste famous authours,
that haue most exactly written of the said
disease, one peculier, certayne and com-
pendious

The pꝛeface.

pendious treatise, addyng thereunto such
holesome and singuler remedies as I my
selfe haue pꝛoued, and know to bee effec-
tual, in curyng of the same. Despyryng god
almighty, the onely authour and restorer
of all health, so to guyde the hertes of hys
suppliantes that the sayde medicines may
take effecte in them, accordyng to hys
gifytes: and as for my labour, I doe
nothyng desyre, but the loue and
sauoure of the gentle readers,
whom I praye God conti-
nually to encrease in
all goodnesse.

Tabba:

A treatise of
what is ment or signified
by thys worde pesti-
lence.



Pestilence is none other thing
but a venemous infection of
the ayre, enemy to the vitall
spirites, by a certayne mali-
cious and euill propertie, (is
not of any qualite element-
tall, that is within it selfe.) For euen as
pure triacle is a comforter of life, not be-
cause of heate, colde, moistnes, or drynes,
but forasmuch as out of all his composicio
ther redoundeth a certayn forme, agreying
to the forme of the vitall spirites of our body, so
is the foresaid vapour enemy to our natures
not for any qualite, as is sayde before, but
for that his propozcion is directe euen co-
trary to our vitall spirites, consistyng in the
heart, whiche vitall spirites, if by the wyl of
god, and ordinary diete, be stronger in the
patient then the foresaid vapour is, they
driue from the body, and wyll not be infec-
ted. And if it happen that the foresaid spi-
rites be weaker then the venim, or the bo-
dy ful of humours apt to putrefaccion, the

the pestilence.

It doeth incontinent assault the liuelye members, and except remedy, bryng the bodye quickly to destruccion. But when we doe saye the vapour to be venemous, we mean not that it is a poyson of it selfe in dete, for then should euery creature be indifferently infected, and none shoulde escape that draweth in breath: but I call it venemous for that it is of suche a naughtye qualitie that it may be lyghtely conuerted into venom, that is to say, apt to burnyng and corrosyon, as doe mercurye sublymed, quicke lyne or ratten bane, or other suche lyke kyndes of venymes. Thus ye maye perceyue that al the greate daunger that is in this dysease, commeth of the naughtynesse of humoures, whyche are made apte to receiue the sayed vapoures, and not by violence of the infected ayre only.

Of the.iiii. rotes, or causes principall
of the sayed dysease, whereof it
doeth aryse and growe,
and why it raygneth
in one tyme more
then in another.

The

A treatise of

The first roote superiour and cause
of the pestilence is the wyll of God
ryghtfully punysshynge wicked men,
of whiche roote the holy scripture treteth
in many places, as in Deut. x. xxi. chapter.
If thou wilt heare the voyce of thy lord
God, and wooke and fulfyll all his com-
maundementes, the whiche I commaund
to thee this daye, thy God shall make thee
more excellent then all the people that bee
vpon the earth. &c.

And in diuers other places, he geueth
many blessinges to them that keepe his
lawes.

And lyke wyse to the people rebellyng
and breakyng his commaundementes,
he threatheth manye curses, as where he
sayeth.

If thou wilt not heare the voyce of thy
Lorde God, to kepe and wooke all his co-
maundementes, which I commaund thee
this daye, there shall come vpon thee these
curses, and catche thee. Thou shalt be cur-
sed in the cite, and in the fielde, thy harte
shalbe cursed, thy liuing shalbe cursed the
fruit of thy wombe shalbe cursed, & fruyte
of thy ground shalbe cursed, the herdes
of

the pestilence.

of thy sheepe and cattell, shall bee cursed, thou shalt bee cursed at thy commynge in, and cursed at thy goynge out. Also a lyttle after he sayeth: The Lorde shall ioyne to thee the pestilence tyll he hath consumed thee out of the earthe, to the whiche thou shalt go to take possession. The Lorde shall stryke thee with pouertie, feuers & colde, burnyng and heate, and with a corrupte ayre. &c.

Also in an other place. The Lorde shall strike thee with the pestilence of Egypte, and the part of thy bodye, by the whiche thou auoydest thy donge with a scab and pteche, and shalt not be hable to bee cured thereof: and let y^e heauen that is ouer thee, be as harde as brasse by cruell constellacions, and the earth on whiche thou dost treade, be like yron that euer wasteth, and wareth worse and worse.

There be many other malediccions which our lord hath thretted y^e rebellious people withal, expessed in many places of holye scripture: but these may be sufficiēt as touching our intent to shew y^e many tymes y^e cause of this disease is the vengeance of almightye god, ryghtefullye punysshynge men

A treatise of
men for their offences.

The seconde rote of the pestylence,
whyche dooeth depende of the
heauenly constellations.

Aowe that we haue spoken of the
fyfthe rote superioure, of y^e whych
this dyscase procedeth, it is also
couenient, that we declare somewhat of the
seconde rote or cause superioure, that is to
wete, of naturall influences of the bodyes
aboue.

And ye shal vnderstande, that accordinge
to the saying of Marsilius Ficinus (a man
of excellent knowledge and no lesse lear-
nyng) in hys booke *De triplici vita*, and in
an other whyche he writet, also of the pe-
stylence: that among all other heauenlye
bodyes, there be .ii. bodyes called euill and
malicious, that is Saturne and Mars,
whyche oftentimes by their vnhollosom in-
fluences are cause of manifolde infirmy-
tyes, specially of the pestylence. Saturne
throughe colde, and Mars by excelle of
heate. Saturne throughe cold, is the cause
of reumes, of the leproy called elephancya,
and

the pestilence.

and al diseases comig of cold mater. Mars
by reaso of his heate, brigeeth forth feuers
pestilencial, spittig of bloud, water vnder
indrief, & the pleuresy, & which is a disease
engedred lyke an apostume of choletyke
matter i a thick paicle, or slime vnderneath
rybbes. A prouident physiciō amōg many
other thinges, ought to cōsider & encrig of
the sūne into Aries, by true equacyō of the
houses & planets, for & influēce hath more
dominaciō thē haue al & other influēces of
hole yere besyde, except & superioure cō-
iunctiōs of & plācts, or els sōe great eclipsa.
And this entring of & sūne into Aries, pas-
seth al & entriges of & sūne into any other
sygne. Therfore you must consyder how &
lord of & vi. house in & figure is disposed, for
he is lord of sicknes, & is to saye, you must
cōsider whether he be impedit or no, & if he
be impedit, there shalbe many sickneses,
accordig to his nature & his house, & is the
vi. house, as by exāple thus. But in case that
Saturne be & Lord of the vi. house, & some
earthy sygne is in & the house, thē most cō-
mōlie & sicknes of & yere, shalbe of lyke na-
ture, & is, cold & dry. And ouer this & muste
cōsider, whether & the lorde of the vi. house
L.i. hath

A treatise of

hath any aspecte wth the lord of y^e house of
death or y^e lord of y^e house of death to hym
the most comonly the ende of those sick-
nesses that are colde and dry shalbe death.
And likewise as it is declared of the en-
tryng of the sunne into Aries, so it must be
sayd of the coniunctyons of the sunne and
moone, throught al the yere, marking euen
the nature of the planete beyng in the. 11.
house, if there be any, and the aspectes to
those two houses aforesayed. &c.

Also he muste consyder, whether the
entryng of the sunne into Aries, or any of
the coniunctyons of the luminaries, be in
the eyghte house or no, for then it should be
much worse.

And note, that if the eclipse of the sunne
or moone, be in any of the angels of the na-
tivitye of any person, or in any of the an-
gels of the reuolucyon of hys natyvytye,
then he shall suffer sickenes accordyng to
the nature of the same angels.

And if the sayd eclipse be in the middes
of heauen, he shall suffer hurte in hys he-
noure and fame: and if it be in the ascen-
dent: he shalbe grieved in hys body, and so
forth of other houses, but it shalbe the worse

the pestilence.

set in case the eclipse be in the ascendent, specialli if it be the eclipse of the sunne, for that is the more dangerous of the twoo, forasmuche as the effecte of the eclipses of the moone, is alwayes synlyshed in y space of one yeare at the moste, some tyme in lesse, and for the moste parte in three monethes. But the effecte of the eclipses of the sunne, is very long or it come to passe sometymes .xii. yeres, as wyneffeth Ptolome in hys centyloquio.

The Astrologians take the iudgment of the yere, by the entryng of the sunne into Aries, in the first minute, and if it then happen that al the yll planetes be in the eyghthe house, whych is the house of death they say that yere shal ryse a pestylence and dyuers other sickeneses, acco,dyng to the nature and condycyon of those planetes.

And if the moone in the same entrynge be nere unto the conuccion of the sunne, as sometyme happeneth, within twoo or thre or foure degrees, y yere shalbe a death and pestylence vniuersal, and y shortly after that conuccion, specialli at y cominge of the moone and the euill planetes

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to infortunes, and as the infortunes be
the effectes shall so appeare, be they more
or lesse.

Furthermore, ye muste consider the
greate coniunction of the .ii. hier planets
as was the coniunction of Saturne and
Iupiter, the yere of our Lorde .M.ccc.
xx. in the last day of August, and the
degree of Scorpio: whiche coniunction
chaunged fro an ayre triplicitie to a wa-
try, and it was in a watry signe, where
there chaunced very much rayne, and there-
upon folowed the excessive humectacyon
of moysting of mans body, whiche by
turned to putrefaction, and therupon
sued peyllous and corrupee fevers, pesti-
lences, and agues, specially because in
coniunction, Saturne was exalted, in
north aboute Iupiter, which Saturne is
yll influence.

Of the thirde roote or cause of
this outerauyous
sykenes.

The thirde roote or cause being
ferioure, is the stinche and filth
sauours that corrupee the ayre
whiche

the pestilence.

which we live in: for we cannot live with-
out drawing of the breath, and we have
no other breath, but of the ayre rounde
about vs, which if it be stinkig, venimous
and corrupte, and we by necessity draw the
same vnto vs, immediately corrupteth and
infecteth the harte, and the lyuely spirites
of the same, and after that inuadeth all the
other members of the body to infecte the
whole likewise, by reason wherof is engendred
a corrupt and venimous feuer of pestilence
very contagious to all that are about the,
the venimous ayre it selfe, is not halfe
so vehement to infecte, as is the conuersa-
tion or breath of them that are infected al-
ready, and that by reason of the agreynge
of the natures, whyche is the verry cause
why our bodies be infected by contagion
more then any other beastes.

Of the fourth roote or cause of
the sayed disease.

The fourth roote is, the abuse of
thynges not naturall, that is to
wete of meate and drynke, of slepe
and watching, of labour and ease,
of humors and emptines, of the passions of
L. iiii. the

A treatise of

the mynde, and of the immoderate vse of
lecherie, for the excesse of all these thynges
be almoste the chiefe occasyon of all suche
dysseases as raigne among vs now a daies.
For all that our meate and drynke is not
digested, turneth anon to putrefaccyon
to euill qualities.

And so muche slepe replenisheth the bo-
dy wyth to great aboundance of humours
but ouermuch watchyng doeth drye by the
natural humidities.

And as watchyng dooeth so doeth im-
moderate laboure, and as slepe dooeth,
so dooeth reste and ease oute of measure,
put the body in greate distemper, and ma-
keth it apt vnto thys sickenes, as is dayly
sene.

And whoso wyll be ruled as becometh
hym in thys case, shall neuer be lyghtely
infected, and if chaunce he be, he shal ease-
ly with a litle helpe: yf sometyme by very
nature only, saue hymselfe and ouercome
the sickenes.

Nowe seeynge that the causes of thys
sayd disease be so great as is afore rehear-
sed, it is not to be wondred, though yf thing
it selfe be very huge and daungerous, and

the pestilence.

of harde curacyon: wherefore sayeth Augu-
sten in hys fyrst of metaphisikes (although
he were no christian:) we muste with good
and vertuose luyngē mytygate the
wrath of God, and by contynuall prayers
keepe oure selues styll in the state of
grace.

Therefore would I counsell every chry-
sten man, that is in doute of thys dysleale
to cure first the feuer pestylencial of hys
soule, calling for that holsome water, the
wel of life, wherof it is wyrtten. Omnes
sientes venite ad aquas. &c. Which wa-
ters he onely geueth, that sayd to hys disci-
ples. Qui biberit ex a qua quam ego dabo
illierunt in vêtre cius aque vire salientes
in vitam eternam. And this done, vndoub-
tedly the sykenesse of the body shalbe the
easier to be cured.

And for because the other soneraine re-
medye preservative is to flye the corrupte
ayre accordyng to the prouerbe, Longe, ci-
to, tarde. Flye by tymes, flye farre, & come
slowly agayne.

Yet for so muche as euery manne can
do, not, nor is of abilitie so for to doo, it is
good for them to looke vppon thys lyttle
regimente

A treatise of

regimente, wherein with the ayde of almighty God the hye Physycyon, if the be-
nigne be not to outragious, he shall fynde
how to preserve hym selfe well ynoughe
from it.

And for the better knowledge and un-
derstanding of thys treatise, ye shal know
that it is deuided into.ii. partes.

The first is of the maner to preserve a
man from the pestilence only by dyete, in
such thynges wythout the which, one can-
not be long alyue in health.

The seconde treateth of the cure of the
sayed disease by the way of holsome medi-
cine.

The first parte is distributed into vii. lyt-
tle chapters.

The first chapter treateth of the electi-
on of the ayre.

The seconde of meates and drynkes.

The thirde treateth of slepyng and of
wakynge.

The fourth treateth of exercyse.

The fyfth of emptines and fulnes.

The syxt speaketh of the accyden-
tes of the mynde.

The vii. of medicines preparatiue.

The

the pestilence.

The second part is deuided
into five Chapters.

The first howe to knowe whan a man
is infected.

The seconde of the cure of the pestilence
by the way of diete.

The third, of the cure of the pestilence
by the power of medicines.

The fourth, of cure thereof by lettynge
of bloude, ventoses, and purgacions.

The fifth, of the cure of the same by out-
warde applicacions.

The sixth, howe to cure the botche cal-
led a Carbuncle, or Antrax.

The firste Chapter of the
firste part, treating of
the election of the
ayre.

Althoughe the disposicion of the
ayre colde and drye, or els mode-
rately moyst, be muche commen-
dable in the tyme of pestilence, yet
there must be moderacion in the same, as
wel as in the five thinges not natural here
tofore

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tofore declared. For ye must haue a good respecte vnto the complexion, the age, the custome of liuyng, the region, the composition of the body, strength, sickness, tyme, and many other thynges. For some requyre an ayre more hote, than other some doe, and lyke wyse in other thynges, the whiche I doe remitte vnto the good discreti- cretion of euery well learned man, and to suche other as haue any knowledge of naturall thynges.

For the more suretie, it is good for the that may, to dwell in hygh, or hilly groundes, hauyng in the mornynge whan the sunne is vp, a wyndowe open toward the east, and when the sunne goeth down an other wyndowe open toward the weste, and close vp all the wyndowes on y south, syde, for that wynde is very yll in tyme of pestilence.

Also it is good to rectifye the ayre with in the house, yf it be in sommer, by sprynk- lyng in the chamber vineger, and water of roses: if it be winter or colde make a lustye fyre of cleane woode and put in it in- cense, myrr, laurel trec, or iuniper, or cy- pres, and in tyme temperate, myngle the
hote

the pestilence.

hote thynges with the colde aforesayde.

Which sprunklynges, and burnynges, ye may make at all tymes whan ye woll but specially in the moorning, to correcte & vapours of the nyght.

I rede in Plotino, that the Egipcians were wont to fume their houses and their bodyes in the day with turpentine or rosin and in the night with murre caste upon the coales, and so resisteth al venomous ayres and contagious.

The first hath so great vertue agaynste the pestilence, that we reade howe Hypocrates preserued the whole countrey and cite of Athenes, by makynge of great fires in the stretes, and all about the towne by nyghte, and so delyuered them from the certayne death, that should haue comen among them. For whiche cause the cuteses of the saide towne, made vnto hym an ymage all of golde, and honoured him aliuie as if he had be a god. And it is good in hote time, to straw & chāber ful of willow leues & other fresh boughes, which must be gathered after & sun setting, & lay about your bed & windowes, vine leues, quices, pomgranads, orēges, limōs, citrōs & such other fruits,

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scuites, that are odoriferous, as roses, floures of nenuphar, violettes, and other lyke. And in colde tymes, take sage, laurell munte, worme wood, nept, baume, rue, and galingale, whiche thynges ye maye some tyme carry about with you in a clothe, to take the ayre of them.

And in tyme of heate, temper a sponge or a cloute in water of roses, and vineger. And in tyme of colde ye maye adde to it a litle cinamome, and thus he that is dysposed to haue precious saunders as pomaunders, or other suche, maye compose theym according to the necessitie, and as the complexion of his body shall require. Alwaye takyng hede, that women whiche are with chylde, and they that haue the suffocation of the mother, or els catarres take no such odoure, as shall puste themselves to anye daunger, or displeasure.

In a colde tyme it is good to hold in the mouth, edoary, enula, cāpana, cinamome, cloues, the rynde of a citron, lignū aloes, or any one of them. But yf the season of the yere be hote then take costanders prepared, graynes of paradise, saunders, seedes of oreniges, or of limmons. And in temper

rate

the pestilence.

ate together, mingle the one with y other.
But it is good in al rymes, to beare about
yon precious stones, (yf ye haue them) spe-
cially a iacinct, a rubie, a garnet, an eme-
ralde, or a Saphire, whiche hath a specyall
vertue against the pestilence, and they bee
the stronger, yf they be borne vpon youre
naked skynne, chiefly vpon the fourthe
finger of the left hande, for that hath great
affinitie wyth the hearte aboue other me-
bers.

And as touchyng them that are conty-
nually among the sick of this disease, they
muste take hede in any wise, to kepe them
from their breathe, and that they dooe not
stande betwene them and the fire, nor re-
ceiue the odour of their sweates, byrnes,
bodilines, and other excrementes of the bo-
dy, nor to eate and drynke with them, nor
in their vessels, nor to lye in their couches
nor weare any of their apparell, excepte
they be well sunned, or wythered in the
leanne ayre.

It is also good to flie from all places
that be corrupt, or stynkyng, and to kepe y
streets & houses very swete & cleane. And
the rulers ought so to prouide, y no filthye
donge,

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donge, nor any dead carions, be carrie into the stretes, for that shoulde soze infecte the ayre, and bryng many men to deathe. And durynge all the tyme of this disease, there ought to be no hote houses bled, but forbidden and locked vp, till suche tyme they see no further daunger.

The seconde Chapter, of eatynge and drynking.

The meates ought to be of very light digestion, more in sommer then in winter, hauynge alway an eye vnto the completions, customes, and other thynges aforesayd. The houre what tyme ye shall receyue your meate, is when your appetyte commeth vpon you, after y^e first digestion made. Great repletion ought to be abhorred, but a sufficient meale is very hole some. Neither is diuersitie of meates allowed of any phisicke, but yf ye wol haue diuers sortes, then beginne with them that are the lightest to digeste, and that best nouryssheth the body.

Your bread muste be of pure corn, kept in good ayre, and not fustye, metelpe well salted, with sufficient leuen, and baken in a place

the pestilence.

a place where none euill ayre is, & it must be of a daye or two dayes olde, or there about.

Wheate is best among al other cornes even as wyne among all other licours, although the barley bread be good for them that mynde to kepe them leane. Meates of euill taste, after they be long dead, and stynkyng fysh in lyke maner, & the fatter of all fyshes, and meates that haue bene wyse sodden, thicke wyne and troubleous, or other wyse corrupt, waters of marishes, and blacke groundes, and suche corrupte meates and dzyntes, be very perilous.

But good wyne, sauoury, and cleare, & good meates taken, with an appetite are cause of health, and prseruacion from the pestilence.

Vineger is a noble thyng in tyme of pestilence, yf ye haue none other impedymment to let you to receyue it, and ye may correct it according to the nature of the cause, in such wyse, as may be comfortable to the vitall spirites of the heart.

Bozage and buglosse, are verye good prseruatyues in thys case, and so is a litle quantitie of saffron, orenges, limons, pome

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pomegranades, citrōs, prunes of damask
and other such, in good convenient quan-
tity, adding to them a litle suger, and cy-
namome for correccion.

A nut is called the triacle of fish, shales
and sugred with a litle rose water: and
saith Isaac, a nut and a fig deye taken
fore dinner, preferneth a manne from al-
l manner of poysons.

The thyrd Chapter, of sle-
eping and watching.

To muche sleepe engendreth many
humours in the body, speciallye if it
be in the day tyme, and it dullath the
memory, and maketh a man brutishe and
apt to receiue the pestilence.

Therefore created almightye God the
nyght, wherein we should rest, and the day
for to kepe vs waking, that we fall not
to sytne and slouth. Surely to slepe on the
daye tyme is excedyng hurtfull, for when
the sunne ryseth, he openeth the poores
the body, and byngeth the humours and
spirites from within, to the outward por-
tes, whiche prouoketh a man to watchynge

the pestilence.

and ever cyle oz workes.

And contrary wyse whē the sunne goeth down, al thynges are closed and coacted which naturally prouoketh a man to rest.

Moreouer the stomake by the behemēt heate of the daye is naturally dilated and spreade abroad: so euer agaynst nyghte, by reason of the auoydaunce of the spyrres it wareth somewhat feble and when the nyghte commeth, requireth to haue quiete, whereby it may acqvyre more plēt of spirites for the nouryshyng of it selfe.

And therefore whosoener waketh in the tyme of slepe, oz slepe when he oughte to wake, he peruerteth and hurteth not onelye hys memozye, and all hys other vertues of the mynde, but also manye tymes shall engender apoplexies, catarrhes, reumes, agues, palseyes and many other greuousse and naughtye dyscaises in the body.

Also ye muste take heed, that ye watch not to muche, for therof commeth drynesse of the brayne, and many other sykenesses that melancholy bredeth.

But he that is vsed to slepe very muche and cannot abstayne in any wyse, let hym

¶.i. slepe

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lepe in a chayre, or els sitting in a place
is cold, but not lying, if he loue his health.

The fourth Chapter
of exercyse.

Moderate exercyse or labour is ver-
ry necessary to the preseruinge of
health, accordyng to euery mans
age, custome, complexion, strength, & such
other, so it be done in the mornynge, and at
euen, befoze any meate, and in a place of
good airc, and not infected with corrupti-
on.

Auicenne sayeth, that he onely ought to
abstayne from laboure, that nothyng re-
gardeth the health of hys body.

And Galene sayeth that exercyse quick-
neth the vertues naturall, animall, and
vital. And Rasis telleth of a great pestilence
wherein there were very fewe saued, be-
cause they lyued idelly, and would doe no
laboure.

Finally defaulte of good exercyse is
oftentymes the cause that manye dye so-
daynlye, afore they feeke them selues
sycke. &c.

The

the pestylence.

The first Chapter of empty-
nes and fulnes.

It is holtsome for you, euery day once
to procure the duety of the wombe, if
ye cannot naturally, yet at the leaste
wayes seke some other meanes, as by a
glister or suppositoꝝ, for the long wythhol-
ding of any superfluities, is in this tyme
very daungerous and hurteful. And at the
tyme the sayed dysease endureth, they that
haue any fistules, oughte not to bee cu-
red.

And they that haue any issues by theyꝝ
hemoroides, may not be restrayned wyth-
out the fluxe be soꝛe excessive, & they y had
the foresayed hemoroides and were cured
afoꝛe, let them open them againe for feare
of further daunger.

Also they that are disposed to be scabby
hauing great iche, and such diseases of the
syne, ought to byng the matter oute by
rubbinge, and vehemente clawynge with
their nayles.

Excesse of women, is exceedyng peril-
ous, but if ye cannot rule youre selfe
ake good hcede, ye dooe nothynge

A treatyse of

afore the fyrst dygestyon, and tyll nature doeth prouoke you, for euerye suche excess weakeneth more the body, the if ye should be let bloud. xl. tymes somuch, as wytneseth Auyccenna, and is cause many tymes of pestilence, and of death.

The. vi. Chapter of accidentes of the mynde.

Ye muste beware of al thynges that should make you to be pensyue, busy, thoughtful, angry or melancholyke, for al such thynges are inoughe to infecte a man alone.

Pass the tyme toyfully in good thing honest and decent, euery man accordyng to hys owne heart, and the estate that god hath called hym vnto

The. vii. Chapter, of medicines preseruatyues.

Al they that are of good complexion and of hosome dyete, nede not to be purged. For an hole body and body of all humours, is not lightly taken of pestylence, as the other are.

But if it be a body ful of humours or great eater wythout any exercyse or manyle, suche oughte to let themselves be

purged

the pestylence.

urged, and they that haue to much quantite of bloud, or if the bloud be any thyng corrupte, they oughte to aske counsaile of some good experyence physicians, and not to put their truste in any vayne boasters that attracte other, whych in al cases and at al times geue them mercurye precipytant and other medycynes corosyue, which for the moste parte are venym of themselves and vnder couloure of an other medicine they dysceau the pacient: a wonder to be holde, howe craftely they couer it, some in syrupe, sometimes in suger, other in pyles in fygges, losenges, or rayssys, so that it shoulde appere (as it is in deede) that they geue the pacientes very quickener.

Some other affirme that the mercurye quenched, or throughe mortified, and worketh none other wyse but by secrete vertue against all diseases in the body of manne: for the excessse of elementes saye they, is clearely corrected in precipitacion and adustyon of the fyre.

Howe cometh it to passe (if thys bee true) that when a litle of it is set vpon a plate and a pece of fyne golde adioyned to it

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we maye see playnlye the very quicke siluer, cleuing to the golde, and wyll make it as brittle as if it hadde lyen in verye rawe mercurie: Yea how chaunceth it y when it is mungled w hote creame, it wil be crum againe as it was afore. And to save the trueth; the quicke siluer rawe, is better to be dronken, then such as is sublimed, for that hath been permytted, both of Dioscorides and of diuers other: but we neuer reade of any good phisicion that euer gaue counsell to take the precipitate, because of the copporose and other benymous ingredients beeyng wyth it.

And although that for the tyme peraventure some escape, and feele not the effecte in dede as many other dooe (that is to saye, debilitie of the vertue radycall of the stomake and other members principall purginge of the good humoures and leuynge the euil within the body, wherof cometh many times death) yet they leaue a certaine euil qualitie or impression of the bodyes in all that doe receiue them, and they make worke for good phisicions, to the great hurte of them that haue beleued in such galeantes shoulde goe prone to death,

the pestilence.

pouder made of quicksiluer, amonge the
Turkes and Saracins, and not vpon their
euē christen, and their neighbours. But
now to our entente.

The pilles called pillule communes are
above other pilles preseruatiues, are allo-
wed to be of hiest operacion, by reason of a
certayne propertie that they haue within
them, as Rufus the composer of the saith,
that he neuer saw any man that bled them
but he was preserued from the pestilence.

There goeth into their composition,
myrr and aloes, which haue great vertue
to kepe the body from putrefaccion and ac-
made thus.

Take of aloes spatyke wel washed two
drammes, myrr washed, and saffron, of ech
a dram, make the vp with white wine, or y
juice of limons, or of oreniges and suger.
Some take them euery thyrde daye, the
weight of halfe a dram, in the mornynge.
Other pilles and euery day one afore supper.
Let euery mā doe accordyng to his nede,
and as his body is replet wth humours, but
it is good to drinke after the a good draught
of wyne, tempered in a little water of ro-
ses, or of wormewood, and if they be to

¶.iiii.

hard,

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harde, let them be resolved in the strupe
lynions, or a lytle wyne.

Some doctoures ioine vnto them othe
spyes, after the completion of the perso
and the humoure that they nede to purg
And they washe the aloes and the myrr
in an hote season, and for him that hath a
hote lyuer, in water of roses and of endi
but in that lette euery man bes hys ow
iudge: yet I would counsaile them to str
rather to the good experimentes that ha
been accustomed, than the fantasyes
theyr owne imaginations.

The Apoticaries ought to haue in stor
both the two sortes, and to see that they
sufficiently letiened, and that the forsayed
aloes be elect and pure.

They whiche haue the hemorroydes
and woulde vse the forsayed pylls, lette
them adde a lytle mastyke, or the gumme
that is called bdellyum. If anye haue
bloudye fluxe, or excozypacion of the bow
wels, lette hym not receyue them wyth
out a better counsel. Women also grea
wyth chylde, and they that are subiecte
any fluxe of bloude oughte not to receyue
them.

Among

the pestilence.

Among other thinges, it is a good preseruatīue, and a thyng well exper̄te and commended, to eate in h̄ mornynge, fasting one drye figge, one walnutte, and foure oz fine leaues of rue chopped altogether, and afterwarde to drynke a draughte of good wine. But it shalbe sufficient for them that are with childe, to take the sayde thynges, leauing out the rue.

In a hote season it is good to temper h̄ said wine with a litle rosewater oz of violettēs. Some other take fīue houres afoze dinner threē tymes in a weeke, the weight of halfe a crowne of mithridatum, oz of hyne triacle, tempered in a litle good wine. But in tyme of heate, and for hote complexionis, it is good to put in it a litle conserua roses, and to myngle them with water of sorrell, oz of bozage, oz of buglosse.

Mithridatum is a great medicine agaynst all kynde of venim, for we reade ȳ the founer of it, kynge Mithridates, who dyd vse to eate thereof, coulde neuer be hurte by any kynde of poyson. The same Mithridates beyng ouercome in battayle of the Romanaynes, woulde haue kylled himself with the moste swiftest poyson that coulde be deuysed

A treatyse of

deuyled , but when he hadde dronken
many sortes of suche , and neuer a one
wrought anye thyng to purpose , he cau-
sed hymselfe to bee slayne of hys seruants,
after whose death Pompeyus , the
graunde captayne of the hooſte, founde in
his secreſe coſſers , a certayne byll wyrt-
ten of his owne hande, in effect thus.

Twenty leaues of rue , two fat fygges
two walnuttess, and a litle ſalt, whoſo euer
eateth of this , ſhalbe ſure from all kynde
of venim that daye.

The good triacle hath alſo a good be-
nefit, but there ought to be a punyſhement
of them that doe abuſe it with counterfa-
ited ſuffe, which deceiue many people,
cauſeth them to dye, that put theyr truſt
in it.

Some other take in tyme of colde ,
cloue or two of garlyke, whiche is called
huſbandmans triacle, and after drynke
draughte of good wyne, and in hote tyme
take and eat a fewe leaues of ſozell, and
drynke a draught of the water thereof,
ſtylled, for it is excellent and good in al
plerions, tymes and ages.

the pestilence.

Also it is good to drynk euery morning
draught agaynste the pestilence that is
thus made.

A drynke for the
pestilence.

Take in the moneth of June or at any
other conueniente tyme, our ladye thistle
burnet, scabious, gētiane, sozell, of eue-
ry one a lyke muche, floures of buglos,
redde roses, herbe dragons, and madf-
on or morsus diaboli, twyle as much as
all the other; steepe them all in whyte
wyne and rosewater, duryng one nyght,
then sette them all in a common stillatory
waying in for eueri pounce of herbes, half
an ounce, of bole armonye poudred, aug-
mentyng the propozcion, accor dyng to
the quantitie of the herbes: then styl a wa-
ter, and for euery pynte of it, take the
weyghte of a crowne of saffron, halfe an
ounce of yelow saunders finely poudred,
and putte them all in a vial with the fore-
said water stopped, and set them in the
sunne one moneth. This is a noble water
for a manne whiche hath the pestilence, to
drynke.

And he that wyll, may put a lytle suger,
and

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and powder of cinamome in it, that it may be more pleasaunt in the taste. He that cannot fynde the sayde herbe called matfelon or morsus diaboli, in latin, let him take the double weight of dragons. It hath a root as it were halfe eaten of by the myddes, it is so called, because the fable is, the deuil bit it of, for the cruelye he hath to man, lest we shoulde obtayne the great vertues of same.

The horne of an vnicozne putte in the drynke, whole or in powder, hath a great effect against the said disease, and agaynst ail kyndes of popson.

Here foloweth a very good preseruatiue for the common people redy at al times and of small coste.

Take an ounce of leaues of rue, half an ounce of good fygges, one ounce of Feniper buries, two ounces of walnuts picked foure ounces of vineger, and a good quantite of saffron, stampe all the foresayd thynges together, and reserue them in an earthen cuppe, or a glasse faste stopp'd that no ayre yssue, whereof yf ye receyue in the mornynge vppon a knyues point

the pestilence.

the quantitie of a beane, or more, ye shall
be sure by the grace of **G D** not to bee
infected in foure and twentye houres af-
ter.

**An other powder for
the same.**

Take pure end electe bole armonyake,
not counterfaict, but such as without gra-
uel, smoth, somewhat shynyng, and to the
ye a farre of, moſte lyke a very ſtone, not
to brittle, nor to hye coloured, for ſuche is
commonly ſophiſticate. Take I ſaye, the
ayde bole armoniake, and grynde it vnto
fine powder, than waſhe it in white wine,
or in roſewater, or water of bugloſſe, ſozel
or woꝛmeewood, or ſcabious, afterwarde
drye it, and powder it agayne, and dooe ſo
ſyre or ſixe tymes, euer waſhyng, dryinge
and poudryng theſame, and at laſt ſette
it vpp in a cleane beſſell, tyll ye neede
to vſe it.

Men of hote complexion, yf they wil re-
ſeue it, muſte take of it a ſponſfull with
vineger, or water of ſozell.

And thei y be of colde complexion, may
take it in a litle wine, or ſcabious water in
the morning. For it preſerueth the bodye,
from

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from all corruption, consumeth the super-
fluous humours, and dryueth awaye the
benim from the heart.

An other singuler remedy
preservatiue for ryche
menne and dely-
cate of com-
plexion.

TAke zedoarie, lignum aloes, agrimo-
ni, saffrō, aristologia rotunda, yf
may be gotten, white diptany, gētia,
the rind of a citron, the sede of citron, of e-
very one a scruple, corianders preparate
tumentill, red saunders, red coral, red co-
ses, inoꝝ, mirabolanes, emblike of euery
one a dram, terra sigillata, two drammes,
bole armoniacke thze drammes, powder al-
these, and with fyne suger; and syrupe of
acetositate citri, make a noble electuary,
kepe it as a treasure of mans helth, in tyme
of pestilence.

An other souerayne and
goodly receypte both
preservatiue and
curatiue.

TAke a hennes egge, newly layde,
make a hole in the crowne, by the
which ye shal draw out al the whiche

the pestilence.

herof, and leaue the yolke within þe shell,
whiche done, fyll the same egge, with good
englythe saffron whole, as much as may
be stuffed in the shell, than drye this egge
gaynst the fire, or in an ouen, whan the
head is oute, so long tyll the shel bee vt-
terly blacke and bzent, and the reste suffy-
cientlye brittle, and drye, make it in pow-
der in a mortar, and adde to it as muche
pouder of mustarde seede as shall weye all
the hole egge: than take this ingredience
of the apotecaryes. Ditamy, turmentille
or bomica, of eche a dramme, pouder
herpe one of them by it selfe, then putte
them altogether, and put to it rue, pio-
roote, Zedoarie, camphere, and fyne
pacle, of eche equall porcion, so that
the weyght of them fyue bee as muche as
the reste, beate them in a mortar by
the space of two houres, tyll all bee incor-
porated together in a lumpe, then putte it
in a glasse, and kepe it couered with a lefe
of gold in a colde place, for it wil last thus
fiftye yeres, without corrupcion, and is
thyng of inestimable value in thys case,
the dose of it to p̄serue, is but one halfe
my weight or lesse, yea the weight of one
barley

Von St. Peter Maria Thoma, Sed
Gemein Schuss. F. der mit Carolus m. Smil

the pestilence.

ed either vse them, or deuise other of the
same making: as it shal be requisite accord-
ing to necessitie.

First a swete water that is
made thus.

Take water of roses, violetttes, or ne-
nuphar, or one of them, or of al toge-
ther one pounce, good vinegar two
ounces, maluesie, muscadine, or other ple-
asant wine, thre ounces, of both the saun-
ders, of eche one dramme, and an halfe, ca-
mophore, one scruple, and if ye haue any gal-
lismascata, adde thereto halfe a dramme,
 mingle them together, and sprinkle vpon
our clothes, when ye be disposed.

The right excellēte, and famousse doctoure
phānes Manardus also, in the third epi-
le of his fifth booke, doeth shewe, howe to
make in time of pestilēce, two soueraigne
perfumes, the one for to serue in somner
which is made thus.

A Fumigacion for Somer.

Take redde ambre, ii. partes the lea-
ues of myrt, floures of nenuphar,
roses, violets, saffron, maces, and
some saunders, of either of the one part,
℞. i. camphore,

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camphore, ambre, beniamin, halfe a part,
muske, the tenth of one parte, mingle al
together, this is a plesaunt and comforta
ble sauour in the time of Summer.

But in winter season ye may
use this.

Take storax calamita, yreos, mastike
of eche two partes, cloues, maces,
nuttings, cinamome, saffro, of eche
one parte, ambre the fifth of one parte,
muske the tenth of one part, mingle alto
gether and make a fumigation.

And of these pouders ye may make litle
balles or pouaunders, to beare about with
you at all times, but the lasse receite must
be well incorporate with a litle storax li
quida, and lapdanum, and the other with
lapdanu, gumme, dragagat, and rose water.

An other goodly pouaunder for
gentlewomen and ladies.

Take the rind of an orange, cloues
lignum aloes, of eche one dramme
calamus aromaticus, half a dramme
aspta muscata, one dramme, roses, mirt
les, of euery one halfe a dramme nutting
cinamome, beniamin, of euery one a scr
ple, make it vp in a mortar, with storax
quida

the pestilence.

quida, with sufficient ware, and maluesey
adding in the ende, of cāphoze, half a scrup-
le or more. And in the time of pestilence,
ye ought to kepe the house every daye till
the sonne be vp, and if it chaunce that ye go
among a great multitude of people, where
is any danger to be feared: ye may chew
a litle seddary in your mouth, ones in an
houre or two, but hold it not continually
for hurringe of the gummies. Sedoarist (as
saith Auicēne in his booke de viribus cor-
dis) conforteth the herte, and engendzeth
good bloud, it is holsonie for the stomake
(as affirmeth Plinie) maketh good diges-
tion, and prouoketh appetite.

Constantine in his booke of degrees
saith, it hath a great power against veni-
me, and the stinking of the mouth, it breas-
eth wounde, and cureth the bitinges of ven-
omous beastes and serpentes.

When the sunne shineth in a cleare day,
ye may walke in gardeines, medowes,
hilles and by riuers, but beware of lakes,
standing pooles, and fennes; for oftenty-
mes the effection of the aire, ariseth of the
disrupte vapoures, boiling out of such vn-
holsonie places.

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The seconde part, of the cure of one that
is infected with the pestilence al ready.

Howe to know a man that is infected,
the first Chapter.

We saide in the beginninge, howe the
pestilence was engendred of the cor-
rupt and naughty aire, turninge all
the humours of the body quickly to cor-
ruptiō and to venime. Wherfore we must
take hede by times, lest the vital membes
be infected of the saide poison, for it euer
seketh to the hert, and if it come vnto the
herte afore the medicine, then is there no
recouery, for not one among an hundred
liueth. For the saide venime is so swift, so
scarce, and so boistous of it selfe, that it
will not (without greate difficulte) be put
out of possession, but driueth away the me-
dicine from the herte againe.

But if the medicine come vnto the hert
afore the venim hath the vpper hand, then
he driueth it out, by the helpe of the vertue
expulsive, of the spirituall membes, and
that expulsion commonly is by swette.
And for because somtimes a man is poison-
ed, and cā not tel him self, nor none that

the pestilence.

is about him, wherof many daungers both arise, for as the prouerbe is, one scabbie shepe infecteth a hole flocke, therefore it shalbe necessary that euery man take hede vnto him selfe, and conside all the signes and tokens that shalbe said hereafter: for the more care that he hath about that, the soner shall he escape out of the daunger.

And if a man feleth him selfe infecte, a- boue all thing let him remembre god, for it is a sicknesse that in a twinkling of an eye may bring a man to death.

First let him looke whether in his arme holes, flanke, or vnder his necke there be any apostheme or swelling, or whether in any other partes of his body there appere any grene, blacke, or euil coulored soze, for that is the signe that neuer faileth, but the person certainly is infected. Notwithsta- ing euery man infected with that pesti- lence hath not such blcers, botches or sozes wherefore ye must take hede of the other signes hereafter, that ye be not deceiued by lacke of the said aposthemes.

But what is the cause that suche aposthe- mes sometimes doth appere, and some- times doth not: no doubt, but because that

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Whē the venim is so vehement and so furious, and hath gotten holde in the body of man, nature by reason of the swiftnesse of the infection, is so troubled, letted, and entangled, that she cā not tel whiche waye to succurre, and so can driue out none ayntvenimes, & that is more perillous, thē if ther wer many sores. But again, whē y venim is but meanch furious, & the nature of the paciēt strōg ynough by reason of good humours, thē it defendeth it self and driueth the venim frō the heart & principall members, to such places as it may be best avoided at, which breaketh forth by compulsion in botches, carbuncles and other sores.

The seconde signe is, yf ye fole a greates pricking and shooting in your body, & specially in any of the thre clensing places, that is to say the necke the arme holes and the flankes.

The third signe is when ye fole an outrageous heate within you, as if ye were in the fire. Which heate sometime spredeth it self abroad through al the hole body, and otherwile there ariseth suche a colde, that it maketh a man to shake as if he were in a fruer.

Wher

the pestilence.

Wherin al ye that be infected, must take hede: for some there be that in the begining fele not such a scruet heat outwardly, but it is within as great as if they burned, wth much heuinesse of the heade, dzyenes of the mouth, & extreme thyrste: Wherby many one are compelled for to slepe, euen for verie labour of the spirites, and some other watch, & are so out of quicte y^t a mā would thinke they were fallen in to a phrensie.

The.iiii. signe is, if great vapours and fumes arise out of the body, when a man is in a bath, and woulde faine sweate, but he can not.

The fifth signe is if the pacient can not drawe his breath easely, for many one is so strait wouDED, that he can not speake, & when he breatheth it is with great labour and difficultie.

The sixt signe is vehement paine of the head, suche as is wont to be in a frenesie. But there be som for al that y^t in the begining of the infection, fele nothing so great paine as we haue spoken of in the head. Notwithstanding this is a generall rule, y^t the pestilence can not be in the body, without some paine, or heuinesse in the head.

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The.

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The. vii. signe is great desire to slepe from the whiche many one can not abstain him selfe in any wise, noz can not be kept waking of them that are about him.

The. viii. signe is chaunging of the sight, for sometimes there cometh to the patientes eyes, as it were a yelow colour, sometimes all that he beholdeth he thinketh it to be grene.

The. ix. signe is peine of the mouthe, or an unnaturall tast, bitter, soure, or stinkyng. The tenth sign is often vomiting, bitter, and of diuers colours.

The. xi. is heuinesse and dulnes of all the hole body, and swooning, and weakenesse of the limmes. These bee the principal signes and tokens wherby ye may perceiue when any man is infected.

Notwithstanding all these signes are not euer manifest, for sometimes it is sene, that one hath had the pestilence, and felt nothig at all, yea and sometimes the bzine will be as faire and as good to sighte, as in a hole man, because the humours com not at the liver, and the feuer will be small or none, for that the venime is not in a hote humour, and so drieth out no heate, & yet the

the Pestilence.

the patient by and by dieth.

Sometimes also he shall thinke him selfe hole, because that nature in the first brunt droue the venome from the herte, and yet anon after his life passeth fro him for that nature was not strong ynough at the next assaulte either by reason it was bered and wried in the firste, or els the venime peradventure multiplied or chaunged into more malignitie or nerer to the herte than it was afoze. Every one in the beginning seme lightly to be better, for then the strength of nature is gathered altogether to stand against his enemy, but it is not so in other euil sicknesses. The patient also manie times thinketh hi self strong ynough because the venime worketh not so cruelly vpon the other membres as it doth vpon the herte.

Wherefoze in time of pestilence, when ye fele your self in any thing diseased, drue not forth the time in loking, when the signes afoz said shuld appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that so long as this disease reigneth in the country where ye are, ye shall haue seuerall sicknesses,

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nesses, but either is pestilence already, or
els will be withi a while: and so giue yeur
selfe to the cure of the pestilence, for while
the noughrie influence of that infectio dur
reth, all superfluous humours may light
ly be infected, and that is the onely cause,
why in time of pestilence, there is so few
of other infirmities. For as sone as many
sores of other sicknesses do arise, the pe
stilence abateth and is gone.

And here is to be noted, that whatsoeuer
child in the time of pestilence, be vexed w
the wormes, ye may safely affirme that he
is infected, for it is a matter so disposed to
the pestilence, euen as is brimstone, to be
kindled of the fire. This haue many phis
icians not considered, and because of that,
haue bene dectued in their cure.

Here I haue declined by occasio, but now
to our intent.

Whē one or two, or more of these signes
aforesaid are knowen to be in a bodye, let
him not despise them, nor put any foolish
trust in the strengthe of his complexion, as
many one haue done & by & by died, nor let
no man trust by colour of his brine, or mo
uig of the pulse: for sometimes the strength

the pestilence.

is so excessive in the venime, that a man is
deade a fore the naturall vertues are able
for to succour him, or to drive away the ve-
nim from the herte. And herein haue ma-
ny wise phisicians also bene deceiued, and
haue cuil iudged of the paciētes pronostik.

Therefore by and by without delaye, ye
muste administer some good and holsome
medicine, as shalbe said hereafter, or elles
the stilled water that we speke of in the
former Chapter, or some other valiaunt
medicine againste the pestilence, that it
maye descends vnto the hert afore the ve-
nime haue the vpper hande of nature.

For if it be once settled at the herte, I
affirme plainly, there is no hope at all.

Yet there be some fooles, that tarye till the
twelfth the houre, or the fourc and twentie,
after the infection, and they boaste them-
selues that they will heale the pacient, but
that is a manifest and a shamefull errour,
for if any by chaunce is so recovered, it co-
meth of God and not of any medicine, for
where as one so escapeth, an hundred other
perishe.

Notwithstanding if the case so be that
ye be not called, or can gette no remedye
afore

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afore the faide tyme, caste not your selfe in
dispaire, or put not the pacient in discom-
fort, take or giue your medicine in the na-
me of God, and if ye can not broke it, take
as much again and do so many times til ye
may retaine it, the lay ye downe to sweate,
and lift vp your herte to God, calling vpon
him, without whom there is no helth, and
by his grace of Iesu, ye neede not to be fear-
ful of death, for that that is impossible to
man, is easy ynough with God, yea many
times nature worketh it selfe, aboue al na-
turall expectation. But I counsell at the
first beginning to receiue the medicines,
when any of the foresaid signes appeareth
or when ye fele your selfe diseased: for the
venime perceth soner to the herte of the
cholerike, then either of the sanguine
or the melancholike, although the sangui-
nes are apter to infection, then the other
are, chesely if the sicknesse be in sommer.

They that are of melācholy be not light-
ly taken, but in case they be, then the cure
is very daungerouse and hard.

Therefore I saie, take heede at the begin-
ning as the prouerbe is.

Principis obsta, sero medicina parat.

Cum

the Pestilence.

Cum mala per longas inualuere moras.
Take the medicine quickly, and let thy
self bloud, and remember God the phisician
of thy soule, and withoute doubt thou shalt
yet ynough recouer.

Nowe we haue declared the signes by
whiche ye may easely knowe whan a per-
son is infected, and we saide it was conue-
nient to take the medicine as soone as any
of them appeareth, without any longer ta-
pyng, afoze the venime cometh to the
hearte, here we will enfourme you, howe
ye shall perceiue whether the saide venime
be settled in the hearte or no.

Take a dramme of bole armeny made in
pouder, accordig to the doctrine of the last
chapter in the first part, and if ye can not
get it, take some other excellent medicins
against the pestilence, namely one of the
receites that shall be saide hereafter, and
geue it to the patient, but there can nothing
be better, then the foresaid pouder if he ha-
ue it at hande.

Take I save therof one dramme, and an
ounce of whit wine, and odoriferous, with
two ounces of water of roses, mingle them
and geue them to the patient.

The

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The blacke receite declared in the Chapter of preseruatiues, maye be well used Steele of the bolc.

And if he maie retaine the drinke with in his stomake, it is a good signe that the venim was not at the hearte afore he took the medicine, and therefore he maye be bloud well inough.

But if the patient can not broke the drinke, but caste it vp and vomite, then may be sure, that the venime hath bene the hert afore the medicine.

Therefore by and by wash his mouth with wine, or with water of scabious, of rose, or of roses, and it ought to be veri wel distilled and clenfed.

Then geue him an other dose of the drinke, and heat a crust of bread, and hold it to his nose, that he maye the better kepe the forsaide porcion.

And if the seconde time he caste it by gaue, and is not able to retaine it, wash his mouth as is saide before, and geue him the thirde time, with a litle viager it may perse the better, and so six or seuen times, if he do not holde it, geue it him againe, and then whether he retaineth

retain

the pestilence.

the Chape
ell used
it not, by and by ye ought to let
in bloude.

But in case the patient were infected.
mi. houres afore ye geue the drinke ne-
er let hi bloud, for that can nothing helpe
n, but rather make him feble, but admi-
ster a medicine ordeined for the pestilē-
as is saide afore, or suche as shalbe spo-
n of hereafter, and that done, prouoke
to sweate.

Nowe to our purpose as concernynge
et.

The second Chapter, of the cure of
pestilence, by the waye of diet.

First as sone as ever the patient fe-
leth hiselfe infected, it is very good
to auoide the corrupt aire, by chan-
ging into some other place: or els if he can-
not so, let him rectifie the aire of his own
use, or of his chāber, with water of ro-
se and vinegar, or els with fumigacions
as spoke of before, according to the qua-
lity of the time, and the complexion of his
body.

Moreover it is good for him to shifte
bedde out of one chamber into another
and

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and from that to the first againe the next
daye, euer rectifying the aire of them both
as is aforesaid.

And as touching meat and drinke, he ought
not to abstain, or yet to take any superflu-
ities, for to eat good meates measurably
(thoughe it be against his stomake) yet in
this disease it shall do him much good:
Let him eat the broth of chickens, capons,
or coleyles of rabbettes, & suche like mea-
tes, with a litle soze sauce, or vineger, and
rosewater, or wine of pomegranades, (if
they may be gotten) or wine of barberries,
and suche other.

If ye wil haue other kynde of sauces or
a pouder to strowe vpon youre meate, ye
may make it after this sort.

Take graines of paradise, whit diptamie,
of eche an ounce, fine pouder of cinamome,
and cloves, of eche halfe an ounce, make
them all in pouder, and mingle it with su-
ger. In this disease ye maye eat no quea-
se meates, as eles, geese, duckes, and other
suche as be euill.

I call them euill meates, whiche (acco-
ding vnto Galene De differentiis febriu)
are either euill of their owne nature,

the pestilence.

els if they be naturally good, yet by reason of some putrefaction, as much or more unholysome, as the other are, partly so, because of long keeping, unclene and naughty dressing, or when they be layed bp in a filthy or stynkyng place, and partly by some infection, when they were alpyue: for he that vsed suche kynde of meates, is ofte tymes accumbred wpyth many naughtye sykenesses, as corrupte and pestylenciall feuers, scabbes pustles, leproies, and other euil infirmities.

All fysh in thys case are to be auoided. Brothe or gruel, made wpyth borage, buglosse, endyue, succorpe, sozell, purcelane, & other lyke herbes, wpyth a litle saffron, and cleane wheate floure, or the crummes of breade in a brothe of chyckyns, or wpythoute a brothe, maye be well administrad.

Potched egges also with sozell sauce & mynamone, vineger and rose water, are maruelous good in thys case.

And if the heate bee verpe beheniente, as well after meate, as afore, he may well synke a draughte of sodden water wpyth fyuyce of ozenes, lymons, cytrons, or of howe apples, well myngled together, to

D.i.

quenche

A treatise of

quenche the benimous fumes that mygh
ryse by to the bryne. And if the pacyente
be young, and strong, hauyng a good sto
make, hole wynded, hoate of complexyon
and in tyme of heate, not subiect to the co
lyke, nor to none hydropsey, or apostumes
in the bowelles, he maye drynke a good
draughte or two of cleare and cold water
comming out of a rocke, or of a runnyng
water, or of a fayre sprayng.

For when nothyng els can mitigate
the thirst, yet wil cleare water by litle and
litle, diminishe al the heate. But ye muste
beware ye take no great excelle.

A ptisane wyth suger of roses, is verye
good to drynke betwene meales.

The pacyent ought not for to slepe du
ring the first xiiii. houres, and in the tyme
that he receiueth hys medecynes.

Afterwarde he may slepe a litle at once
to comfort the weakenes of the spirites, &
he ought euery day to goe to siege once.

And aboue al other thinges let him not
dyspayre, but bidde hym be of good cōforte
and doubt not of hys health, so he take no
thought, but as muche as is possible, make
hymself reioyse as wel by communycacion
as

the pestilence.

as by musyke, and bryngyng in vnto him
good and hollosm herbes, fruites, boughes
and other thynges of comfote, but yet not
wythstandyng see that he remember god,
and not forget hys owne conscience, for
in thys syckenes the worst is euer to bee
feared.

The thirde Chapiter, of the cure
of pestilence by the way
of medicine.

As sone as euer ye fele your selfe in-
fecte, take of the pouder of bole ar-
moniack, in maner and fourme a-
foze declared, or of the blacke receypte, the
weyght of halfe a crown, more or lesse, ac-
cording to the vertue of the pacient, mung-
led wyth the water of roses, and a lyttle
vineger, as is sayd afoze, and drynke it al
at one draughte,

And if ye cannot get the forsayed pou-
der, or peraduenture ye wyll abhorre to
take it, then drynke a lyttle porcyon of
the receypte folowynge, whyche is verye
excellente.

D.ii.

Are

A treatise of
A receypte agaynst the pe-
stylence.

Take the rote of turmentyle dzyed
in the shadowe, of saffron, and of
mustarde seede as muche of one as
of an other, make of the a ponder,
and incorporate it wpyth the thyrde parte
of mithridatum, or of syne tpyacle, wpyth a
lytle strong byneger, in maner of an opia-
te, kepe it in an earthen vessell close, and in
tyme of nede vse it. The weyght of it at
once, is from halfe a dramme upwarde.
Thys receypte worketh moze vpon the be-
nym then it doth vpon the feuer. And eue-
ry day folowpyng it is good to take a lytle
syrupe of lymons, wpyth water of sozell, or
of mactelon, or of our lady thystle.

And he that hath none of the sayed sy-
rupes, let hym vse the waters of the same
herbes, or the good water that I haue dis-
cribed in the chapter of medycines preser-
uatyues.

Auicenne saileth, that whosoever taketh
an onyon and dzynketh it in mylk fasting
in a mozynyng, he shalbe safe that daye fro
all infectyons of the pestylence. Therfore
some

the pestilence.

some are wonte to roste two or thre onions, and to eate them wyth vyner and browne breade nerte theyr hearte afore they enter into any suspecte ayre. And haue founde health in theyr so doyng.

Johannes Manardus, a man of hye knowledge in the arte of medycyne and of greate aucthoritie amonges all learned men, describeth in hys boke of Epystles, a very good receit, aswel preservative as curatyue deuysed by hymselfe for lacke of good triacle, and is of merueilous operacyon, as well in thys dysease, as in healyng all maner benymous woundes, both of adders, snakes and other kynde of serpentes. The receite of this noble medycyne is thys.

Manardus medycyne for
the pestilence.

Take the dzyed bloud of a drake, & of a duche, of a gose, and of a kyd, rue, fenell sede, the sede of cummin, dille, and of wyldc nepes, or garden nepes & rapes, of euery oue thre drammes, the
℞.iij. roote

A treatise of

rote of genciane, trifoile, squinantum, frā
kensence, roses dzyed, of ech. iiii. drammes
White pepper and long, cost, baleryan, a
nyse, cinamome of ech. ii. drammes, mirre
narde, of ech. vi. drammes, beniamin, assa
rum, gumme armoniacke, of eche thze dꝛa
mes, aloes, agaryke, of ech two drammes
carpobalsami. rr. graynes, treos, saffron,
renbarbe, and reupontyke, gynger, ma
styke, of eche one dramme, stycados, fyne
drammes.

Make a fyne powder of these, and with
foure tymes asmuch of claryfied honye,
mynge al together, and kepe it in a syluer
bessell or a glasse stopped, for it is an hye
treasure, in such a case. The dose of it is
two drammes in wyne or water of sorel.

Here foloweth an electuary of
a wonderful vertue, in the
time of pestilence.

This electuary is of so great vertue,
in them that doe receiue it once in. xiiii.
houres, that they may be sure from al euil
infections of corrupte ayres and contagi
ous, all the day after.

But

the pestilence.

But in them that are infecte already, and are taken wyth the pestylence, if they drynke of it but one sponesfull, as shall bee sayed hereafter, (specially after lettynge bloude, if it be conueniente to the pacient) and laye hym downe and sweate vpon the same, if the venim hath not bitterly overcome the hearte, he shall vndoubtedly recover.

It hath beene latelie proued that, after drynkyng of the same medycyne whan the pacient made hys water in an bynall the glasse hath burst in pieces, by reason of the venym that it purged oute.

This is the makynge of the
sayed electuary.

Take cinamome elect, one ounce, terra sigillata. vi. drammes, fine nurre. iiii. drammes, vnicoznes horne. i. dram the sede and rinde of citron, rotes of diplan, burnet, turmentille, sedoary, red coral, ana, drāmes. ii. yelaw saunders. iiii. scrupules, red saunders. ii. scrupules, white bean and red floures of marygoldes, ana, one dramme, tuerpe, rased, scabyouse, beronici tunicie, seede of basile, the bone of a stagges heart
℞. iiii. saffron,

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saffron, ana. ii. scruples, make a fyne powder, & adde vnto it of bole armoniacke preparete two ounces, whyte suger three pounde, and wyth a syrupe of acetositate citri, make a goodly electuarie, and keepe it in a glasse.

If the pestilence commeth wth grea-
excesse of heate, drynke it vppon rose water
and vynesger, but if ye fele it colde take in
it a draught of wyne, and couer you wyth
clothes, so that ye maye sweate as long as
is possyble, for wythout doute, it is a pre-
sente remedy as I my selfe haue oftenty-
mes proued.

An other deuine medecine, in a liquide fourme.

Take rue, wormewood and halwme the
herbe, of eche a lyke porcyon, of relido-
ny, both herbe and rote as muche as all the
other, so that ye haue of them. iiii. a good
bygge handefull, washe the rote of celydo-
ny, very cleane and purely, in wine or in
faire cleere water, thā put the al into an ew-
pot of earth neled win, and poure vpon the
herbes, halfe a pounde of the moste stron-
gest

the pestilence.

gest vineger ye can get, couer them luste,
and lute the mouth of the porte, wyth lute
sapientie, which is made of wheat flour,
and the white of an egge, that no breathe
may issue, and seeth it eighte or nyne hou-
res, with a soft fyre, than let it coole by ly-
tle and lytle, and after strayne the herbe,
and set the licour in the sonne to rectifye.

¶ When a persō is infected with the pe-
stilence: First as I sayde afoze, lette hym
blede in a due bayn, thā geue him a spon-
full of this licour, with as much as a nutte
of triacle if so be ye haue any, luke warme
by and by let a cruste of bread all hote, bee
dipped in vyneger, and holden to hys
mouthe, that he may the better brooke the
medicine.

And if he chaunce to vomite, incontinenē
washe his mouthe with wyne, and cause
hym to receyue againe an other sponful,
and so if nede be, fyeve or sixe tymes tyll ye
see that he receiue it, which is a very good
signe, if he so do.

After this set him in a warme bed coue-
red, that he may sweate out the residue of
the venime, and by the grace of god, he
shall escape the danger.

This

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This is a medicine of infinite vertue. But if the pacient haue a great heate, geue hym no triacle, or els very litle.

The fourth chapter of the
cure of pestilēce, by let-
tyng of bloud, ven-
toses, and pur-
gacions.

Although phlebotomy or lettynge of bloude, be one of the chiefe thynges that are required to the cure of the pestilence, yet for lacke of vnderstandynge and lettynge bloud otherwysse than beho- ueth, many one is cast away: and therfore euery good mā barbour ought for to take hede, that he hurt not them, whiche come vnto hym for helpe (for that were a greate shame) which he shall neuer doe, if he ponder wel the thynges that shalbe sayd here- after.

This is a generall
rule.

In the tyme of pestilence whan a bo- dy is infect, ye may not haue respect either to the signe, the day or y^e houre but whether the moone be there or not, or what aspects so euer bee in the planets let
him

the pestilence.

him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundaunce of fleshe, and of bloude mingled with other humours, oughte to blede somewhat moze in quantitie, but alwaies kepe a moderacion, that ye take not out to great a quantitie at once.

It is better to lette him bloud twise lea- uing the wounde of the firste stroke open, and annoint it with a litle oyle, and after foure or fiue houres, let hym bleede in the same wounde agayne, but withoute styng- kyng if it be possible.

But alwaies geue an eye to the strength of the pacient, that it be not enfebled: and agayne beware, that ye haue taken away the rankest, and y strongest venim, wher- in if ye be doubtful, take y counsel of some good expert phisicion.

Also ye must note, that ye maye not let bloude to anye chyldren within the age of viii. yere, nor to olde men aboue fifty yere olde, nor to women great with childe, spe- cially nere vnto their time, nor when their due purgacions is vpon them, nor to the that are newly brought to bed, or within a weeke or .ii. after she is purified generalli to
note

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none whiche is weakc and feble in his bo-
dye.

We shall also note, that there are some
olde menne of better strengthe and com-
plexion, than many younge are of, and as
gayne, diuers younge children of tenne or
twelue yeaeres olde, are of hygher courage
and of as good strengthe, as they that are
many yeres elder. In suche cases, a litle e-
uentacion of the infected bloude, maye bee
the sauving of their lyues, so that al thinges
be done with good discrecion.

It is wisdom also to let them bloude ly-
ing vpon their backes, whome ye thynke
would faint in standyng or in sittynge.

And if the case do require the letting of
bloude, and the paciente bee not hable to
beare it for anye of the causes afoze reher-
sed, it is good to applye ventoses, in ma-
ner and fourme as I shall declare hereaf-
ter.

And here we should say somwhat of the
greate erroure that many doe commit in
takynge one vein for another, for by such
errours is the venim drawen many tymes
vnto the heart, and so procureth death vnto
the patient.

wherfore

the pestilence.

Wherefore that ye may not be deceyued
euer in the pestilence, let hym bloude on
that syde that the soze is on, and not on
the contrary syde, in any wyse, for that
should draue the venime ouerthwart the
members spirituall, and so destroye the
manne.

But or euer ye let hym bloud, it is good
to geue some good and hole some medicine
against the venim, such as is declared in 5
chapters herebefoze.

If the botche appeare vnderneath the
eares, let hym bloud in the head beyne of
the same arme, or els in the bzaunch of the
same beyne, whiche is vpon the hande, be-
twene the middle finger, and the next that
is adioyning.

If it appeare vnder the throte, take the
same veine, and within a whyle after, it is
good to open the twoo veines vnderneath 5
tongue.

If the soze be set within the armeholes
take the bayne called Mediana, whiche is
betwene the foresayde head bayne, and
the beyne commyng from the liuer.

If the soze bee sette within the flankes,
then ye muste open the beyne called Sa-
phena,

A treatyse of

phena, which is about the ancle of the foote, on the inner side: and if ye cannot fynde it there, take the brannche of it, which is betwene the great toe, and the next vnto hym, but lettynge of bloude in that bayne is forbydden vnto women when they be in health.

And if there appere two botches, one on euery syde, Banardus geueth counsaile to take the right syde, and not the left.

And in case there doth appeare no signe of botchyng or swelling, than he byddeth you to open bothe the baynes saphenas on the right syde and on the left.

Notwithstandyng, Marsilius Ficinus is of a contrary opinion, and sayeth that it is best when there doth no soze appere to take the common veyne on the ryght arme.

I thinke herein Banardus counsel rather to be folowed.

But yf ye see the botche standyng outward, more toward the bounche, than inward, more toward the hounche, than outward, you must open the vein called sciatica, which is about the ancle of the foote, on the outer syde. The whiche opening of the veyne must be done as sone as is possible, alway presupposed that he hath receiued one of the

the pestilence.

other medicine against the venime, & that he slepe not in anye wise, as is afoze mentioned. And to them that cannot lawfully be letten bloude, ye muste in all haste applye many ventoses, with scarification or without scarifying, as it semeth beste to your discrecion, so ye take a reasonable order thus. If the soze be vnder the eares, or aboute the throte, let your ventoses be applied behynde vpon the necke.

If the botch appeare vnder the armes set your ventoses behynd vpon the shoulders. If the soze be in the flanke, or thyres, let your ventoses be set vpon the bouttocks.

And yf the pacyent be replete with humours and strong, hauyng no flux nor other impediment, and ye thynke he nedeth to bee purged: ye maye geue hym in the moornynge one ounce of cassia, or of manna, wyth a litle dyaprunis laratyue more or lesse, accoꝝdyng to the pacyentes necessitie, tempered with water of scabiose, sozell, or endyue, euer takynge heed, that he dooe receyue some medycyne agaynst the venime, durynge all the tyme of his disease.

The

A treatise of
The fyfth Chapter, of ap-
plication of outward
medicines.

Here is to bee noted that no man
playster repercussive, may bee layd
vpon any botche of pestilence. But
as soone as is possible, after lettynge bloud
it is good to take an onion, and to make
an hole in the middell of it, then fyll it full
of good tryacle: after that stoppe it, and set
it on the hart to roste, as it wer an apple.
And when it is roste so long tyll it be tender,
lette it coole a lyttle: and sette it hote
vpon the botch, and when it hath ben there
by the space of two houres, take it of, and
lay another on.

Or take a cocke and pull the fethers of,
about his fundament, and put a litle salte
in it, and set his fundament vpon the sayde
botch, keepynge hym on a good whyle, stop-
pyng many tymes his byll, that his breeth
may be retayned, and let him blow again.
And yf the cocke dye, it shalbe good to take
an other ponge cocke, and splitte it quicke
a sunder, and laye it on the botch, but ye
must commaunde them that take them of,

the Pestilence.

to caste the in the fire, and not to take the
sauiour whē it is remoued for that is very
daingerous. Some there be that lay about
the soze, water leches called bloudsuckers,
and it is very good; so they be well prepa-
red, and clenfed from corruption. Other
apply ventoses with scarification, but thei
ought firste to be applied withouten anye
scarifyinge, so they shall the better drawe
the venim out.

Other lay therto a plaister made of gal-
banū, diaquilō, and aromniake, incorpo-
rate to gither, & some other lay on it a plat-
ster made of figges, soure leuen, & reising
without kernels, breaid & incorporate al-
together in oile of camomill. There be al-
so that set vpon the botche an herbe called
crowefete, which is very hote, & maketh a
blister on y^e skinne, & that same they break,
and kepe the place open many daies after.
And in that case, yf the botche be in the ve-
ry arme holes: it is beste to set y^e said herbe
a loft vpon y^e arme. And some other breake
the forsaide botche with a strong ruptorie,
hauiing part of maturatio, as for example
thus. Take sowre leuen foure ounces, mu-
tarde, rue, scabiose, woorme woode, of

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euery one an hādfull, white lilly rotes, the third part of all, grene copporose two drāmes, canthydes in numbze. x. galban one ounce, olde nuttes, and sumwhat fustye, or els newe, yf ye can not get them in numbze. iiii. oyle of white lilies, as muche as shal suffice, seeth all the herbes and rotes in oyle, accordinge to arte, with a double vessell, that is to saie: the oyle being in one panne may seeth onely by the boiling of the water in an other great panne, and make a plaister with the residue of the stuffe in a good fourme. It hath a grcate vertue to breake a pestilence sore without much paine, and afore ye laye it on, washe the sore with a sponge dipped in the straininge of the foresaid herbes and rotes.

Other take oyle olive and seeth it with oken ashes, adding vnto it a litle of blacke sope, and quicke lime, and make a plaister of the same, it is not to bee vsed but in strong complexion.

And all the foresaide waies are to be commended. But after one hath vsed them a while, and sicth they beginne to come to maturation, let him take the counsell of a learned surgyon, or any other of good experience.

the pestilence.

perience, and to set maturatiue emplasters, vnctions, and bathes, accordinge as becommeth, percing the apostume in the softeste place, afterwarde procede with mundification and incarnation, such as in other kindes of apostumes: wherein I humbly desire them to haue some pytie of the poore, that be diseased, and not to fauoure them that haue ynough, but rather take somuche of the riche, that they maye the better haue wherewith to helpe y nedy. And for because the sicke maye haue some comfort, if in case they shouide be destitute of surgeons, I will (besides the said medicines whiche they maye confidently vse,) describe somme maturatiue emplasters that are experie and proued in this cure of pestilence.

A plaister to ripe a botche coming of the pestilence.

Take mallowes, & the rootes of holt hocke, & onions, as much as shal suffice, washe the & seeth the in water, & afterward bray the in a mortar with powder of linscede, & of fenugreke, & a good quantitie

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quantitie of swines grese fresh, laying on
the plaister euery day once.

An other for the same.

Take white diptamy an ounce and an
halfe, the roote of wallworste an ounce,
the rootes of cresses halfe an ounce,
white onions, two ounces, seeth the roo-
tes in water, and rost the onion vpon the
coles, then stampe the altogether, addinge
of oile of camomull. iiii. ounces, rosin one
ounce, nettle seede sixe drammes, ware, as
muche as shall suffice, and make a goodly
plaister or an ointment at youre pleasure,
for it ripeth the said botche in a short space
and consumeth the venime, and is good
aswell for youngmen as for olde.

And afoze that it be thorough ripe, cause
it to be perced as it is said afoze. And if af-
ter the said percinge there be great paine,
take the yolke of an egge well beaten, and
a litle oile of roses, & annoint a tent therein
and put into the soze for to ceasse the peine.
Afterwarde mundifie the place with a sal-
ue made of yolkes of egges, fine barley
floure, and a litle hony of roses. Last of al,
for the perfecte incarnation, take the iuice
of daises, and with a litle ware make a
softe

the pestilence.

softe ointmente, and vse it, or ye maye lay
thereto any other salue incarnatiue, as ye
are wont to do in other cleane sores. Proui-
ded alway that it is better in this case, to
breake the soze by times, than to tary for
ripping long, lest perchaunce the venim be-
ing included gather strength by the putri-
factiō, and so retorne again vnto the hert:
therfore open it, afoze it come to ripinge, &
after procede with your maturatiues and
other holsome plaisters.

Thus muche haue I spoke of surgerye
in the exterioz cure of one that hath
botche, so farre as God hath geuen me vn-
derstanding to perceiue, according to the
mundes of suche famous clerkes, as haue
most effectually witten of the same. Now
will I declare a litle of the exterioz cure of
him that hath no botch at al, and yet is soze
infected with the pestilence.

For the noble handy woozke of surgerye,
is conuenient to them both, as witneseth
Parcilius Ficinus, in his booke of pesti-
lence in the. xi. Chapter, And the fourme
of it is this.

After that the pacient hath receiued some
good and holsome medicine againste the

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pestilence, & swette (or after letting bloud, if the case do so require) by and by ye must apply your labour to take awaie the residue of the venime, that remaineth in the body. And to that intent ye ought to make a ruptorie of sowze leuen and cantharides, or other aboue rehearsed, and set it on the muscule of the right arme, vnder the cubite, on the parte where as the pulse lieth, but not vpon the pulse it selfe, and so procure a blister, whiche ye shall immediatly cut of, and kepe the soze runninge manye dayes after, the longer the better for the patient.

An other issue ye may make in the same maner, vpon his right legge, four fingers aboue his heele toward the insteppe, & kepe it open likewise, till anoneth or two after he be recovered.

The. vi. Chapter of the cure of carbuncles and anthrax.

AS concerning the curation bothe of a carbuncle and the pestilence soze called anthrax, ye maye do euery thing accordinge as we spake afoze in the generall cure of the pestilence, bothe as touching

the pestilence.

touching diete, medicines against the be-
nigne, cordialles, laxatiues, bloud lettiges,
and vëtoles, ye shal heale them as ye heale
the botche, in all thinges. But as touching
letting of bloude, when ye se a carbūcle oz
an anthrax by him self without apostume
of the emunctories, be it vpon the necke,
oz vpon the throte, oz the face, oz the head,
ye must let him bloud in the head veine.
If it be vpon the shoulders, brestes, oz ar-
mes, oz other places aboue the nauill, take
the veine called mediana.

And if it be beneth the said places, dolwne
vnto the knees, take the veine saphena,
but if it be on the outside of the thigh, take
the veine sciatica, euer vpon the side that
the soze is on, (as is said afore) considering
the complexion, the strength, the age, and
the qualitie of the bloud, euen as is said in
the chapter of the botche, and likewise ap-
ply the ventoses vpon them that can not
beare fleibothomie.

Which thinges presupposed, it is good
to set vpon the carbuncle, whether it be
with botch oz without botche, the yolke of
an egge, incorporate with as muche salte
as ye can temper with it, renewing it euery

¶.iii.

houre

A treatise of

houre during a hole day.

Or els appli þe said leches or bloud suckers round about the soze, and after they haue sucked out the bloud, set theron a cocke as is saide of the botche, or els a doue all hote splitte in the middle. And he that can not gette the leches, yet let him not faile to apply the residue of the saide medicines, euery one after other as afoze is saide.

Or a hote lose commin out of the ouen, or take a solwer pomegranad and cut and seeth it in vineger, or scabious bzused betwene two stons, or the rote of daises, or good solwe dough, incorporate with salte and a litle oile olue: all these medicines are good to kill the carbuncle.

The pzeious stone called a saphire hath also greate vertue against venim and specially againste a carbuncle, if ye touche it with the stone, and drawe it rounde about the soze by the space of an houre.

But what soeuer medicine ye set vnto a carbuncle, ye muste lay a defensiu about the soze, whiche is made as hereafter followeth.

A good defensiu.

Take

the pestilence.

Take sanguis draconis, and bole arment, of eche a like muche, make them in pouder and incorporate them with oyle of roses, and a litle vineger, and laye it in a clothe all about the soze, with oute touching any part of it, and renewe it when it is harde and drie.

But if the person be of good abilite, and the carbuncle very fearse and burninge, cannot be quenched with the meanes aforesaide than ye must procede with an actual or protenciall cauterie, and to remove the escare, lay on capons greace or a litle butter, or els a plaister made of mallow leaues, holihockes violettes, lily rotes sodde in broch of netes fete or other flesh, and afterward stamped, strained, and vpon the fier mingled with pouder of limesede, barley floure, beane floure, freshe butter, and swines grece, adding in the end whan ye take it of, twoo yolkes of egges and a litle saffron, and stirre it well about.

This is good also to ripe the foresaide sore, afterwarde mundify and heale as is orde in the other chapter.

I could declare many other remedies but set them that haue bene often proued,
and

A treatise of the pestilence .

and that be moſte eaſy for to get at hande,
deſiring all them that ſhall uſe theſe my
ſimple labours , to accept my good
will vnto the beſt, and to praye to

God almyghty for his gra-
ce, vnto whom onely
be all laude glo-
rie and ho-

noꝝ ,
worlde without ende.

Amen.

(. . .)

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A declaration of the vei-
nes in mannes bodye, and to
what diseases and infirmities
the opening of euery one
do serue.

It is not vnknownen to any
which haue seene Anatho-
mies, howe there be in a
mans body two kyndes of
veines, generall and spe-
ciall.

Generall or commune
veines are thre which appeare in the mid-
dest of euerye mans arme on the inner
side, and of them the highest is called of
rned menne cephalica, or the head veine
and the lowest of all thre, is called com-
only basilica or regia, in the right arme
an other name epatica, or the veine of
the liuer, but in the lefte arme, it is called
pulmatica, the veine of the longes.

The thre common veines, lieth betwen
e other. ii. in the middes, and is named
cordiaca, or the veine of the hert.

The first that we did speake of, that
is

A treatise of

is to saye cephalica, is a veine mosse apte
to letten bloud, in al the hie partes of ma
nes body, and is opened for the head ache
and the eyes.

This veine if by chaunce ye touche it
and if it blede not at y first stroke ye ma
be bold to strike it once again, for there is
no leperdy of cutting of any muscle. And
if ye can not finde it out, take his bzaunce
that is about the thombes ende.

The veine epatica, emptieth from the
middle partes of al the body, and it is en
opened againste diseases of the stomake,
and the spiene, but ye ought therin to be
verye diligent, that there be no muscle
perced.

If ye can not spie in the arme, seke the
bzaunche of it betwene the litle finger and
the fourth.

The cordiaca veine draiweth bloude as
well from beneth, as from aboue, for it is
compounded of cephalica and epatica.
If any feleth a weakenes at his herte, he
oughte to take good hede that he be not o
pened in the veine cordiaca, but yf necess
tie be of bledinge, let him blede in the ce
phalica or els mediana.

the Pestilence.

so likewise of the other.ii. The cordiaça,
is good to cure the passions of all the hole
bodye, whan they do procede of heate, spe-
cially of the hearte and of the longes.

But in the percinge of it, ye must ex-
ceedingly beware, for vnder it is a certaine
muscle, whiche if it be very depelye cutte,
the patient is in scopardy of his life.

When ye entende to let a person bloud
of any veine, ye must bath the arme wher
ye perce, in good hote water, and draw
the hole abrode, that the grosse bloud maye
the more easely passe. And here is to be
noted, that in all sickenneses and times (ex-
cept only infection of the pestilence) ye must
take the same veine of the.iii. that doth ap-
peare fuller and bigger than the other are,
for by that ye maye perceiue that the me-
mbers whiche belonge vnto it, are full of su-
perfluites of to hote bloude, and this shal-
be sufficient of the sayde baines generall:
nowe we will reherse the veines speciall.

The veine in the higher part of the fo-
rehead, is good to be opened in all diseases of
the head, and of the braine, specially if they
be of long continuance, and it cureth the
same begun leproy.

The.

A declaration

The.ii.veines that are behinde the eares, are opened to preserve the memory, mundifie the face, & to take awaie reumes and distillacions from the head, and a good generally in al diseases of the memory and of the gummies.

The.ii.veines of the temples of the head are good to boide humours from the eyes, and they serue also for all diseases of the eares.

The.ii.veines in the corners of the eyes are opened in the cure of webbes spotted cloudes, mistes, perles, rednes, cornes and other infirmities and weakenesse of the sight.

The.ii.veines in the hollownesse of the eares, serue to heale the shakinge of the head, swimming of the eyes, dennes, sounding of the eares, new deafnes, and blindness of the mouth.

The veine in the tip of the nose, is good against apostumies of the head, reumes, and fluxes of the eyes, it purge the braine, and conforteth the memory.

This veine muste be sought verie carefully, for it lieth depe, therefore he that

of vaines.

be sure of it, shall finde it euē in the berye muddes betwene the two sides of the nose ende.

The two veines within the noſethylles, are opened againſt the heuines of the head.

The veine of the lippes, is good to take in all diſeaſes of the mouth.

The .ii. veines within the mouth, are opened in diſeaſes of the head, to the ache, paine of the iawes, mouth and throte, and againſt freckles of the face.

The ſoure veines in the palate of the mouth, are good to be opened in the toth ache, reumes and catarres of the head.

The two veines in the hinder part of the head, are good againſt the phrenesie, ſwimming, aſtonying, and all other paines of the head.

The .ii. veines vnderneath the tong, are opened againſt the fluxes of the head, palſies, quincies, ſcrophules, apoplexia cough paines of the mouth, teeth, and gummes, againſt impedimentes of the ſpeeche, and generally in all diſeaſes of y^e breaſt, herte, longes and arteries.

The

A declaration

The veine that is betwene the chin and the nether lyp, is good to open in curinge of a stinkyng breath.

The veine that lieth right vnderneath the chinne, is good againste thesame disease, and also in diseases of the heade and of the breaste, polipus in the nose, paines of the chekes, stinking of the nolethrills, scrophulics and sportes about the face. The.ii. veins of y necke (one afore, another behind) are exceeding good against the pleuresie, newe leproy, shakynge of the membez, humours, and distillations of the heade, and to muche stiffnesse of limmes.

The.ii. veins vnder the arme holes, seruic against the fraignes of the breast paine of the myddle, and the longes, and against difficulty of breathing, called asthma.

The two veins aboue the elbowes are taken in all diseases of the breaste, swymyng of the heade, spaline, and epilepsia, commonly called the fallinge euill.

Vena purpura, or the purple veine, lying in the right arme nerthe epatica, towards the hand, is opened against diseases of spirituall membez and of the bowels.

The

of baynes.

The beyne illiaca nerte vnto the purple beyne, if it be well taken, is good to heale the paynes of all the inwarde members.

Vena pulsatilis, or the beating beyne is good against the tremblyng of the hearte swolnyng, and cardiaca passio.

The twoo beynes of the thombes, are opened in dysleases of the heade, bleared eyes, and agaynste the moste parte of all feuers.

The beyne betwene the forefinger and the thombe, is good for stoppyng of y head and to purge the superfluitie of cholere, is good in agues, and in all dysleases of the eyes.

The beyne that is betwene the ryngespynger, and the litle (if it be opened) taketh away diseases of the head, the longes, and of the splene.

The beyne called saluatella in y ryghte hande, betwene the lytle spynger and the nerte adiopyning, is opened in opylacions of the breast, agaynste the gummy matter of the eyes, perbrakyng, yelowie taundys, paynes and colykes in the ryghte side of the belley.

Q.i.

And

A declaracion

And in the left hande it is opened agaynst
all diseases of the splene, commynge of re-
pletion and oppilacyon, and is good to
heale the hemoroides, phrenesy, colykes in
the left syde, dyscales of the beyne, and to
muche aboundaunce of the floores.

The beyne of the ryghte syde, if it be o-
pened, is good in lyenteria, disitria, drop-
syes and other infirmityes caused of colde
matter.

The beyne of the lefte syde is good a-
gaynst apostumes and excoriacyon of the
bladoer, paynes of the loynes, swellynge
and stoppyng of the splene.

The beyne of the belly is good agaynst
dyscales of the reynes, and purgeth out
the melancholy bloud.

The .iiii. beynes about the place called
pecten, on eyther syde the pryncipal members
are good agaynst superfluous yssues of
hemoroides, and to swage payne in all di-
eases of the bladder, and the secrete places
they stoppe the bledynge of the nose and
other members, and are good to heale the
lienterie and strangury.

The beyne over the foreskynne of the
ycarde, is opened agaynst the dropsye and

of baynes.

al dyseases of the same member.

The beyne vnderneath the sayed skynne is holssome to be taken for the crampe or spasme, colyke, swelling of the cods, stranguary, disturie, and dyseases of the stone, both in the reynes and in the bladder.

The two beynes of the thyghes haue a synguler vertue in the curyng of diseases in the bladder, and the reynes.

The two beynes in the legges, do serue against the droply, payne and apostema cyons of the bladder, and the reynes, and the priuy members, and agaynste goutte & swelling of the knees.

The veine saphena on the inner syde of the legge, is opened agaynste recentyon of the flowers, and in all diseases of the mactryce, reynes, hyppes, priuy places of men and women.

The outwarde saphena, otherwyle called sciatica, descending from the legges on the outsyde, is exceedyng good in curyng the payne of the huckle bone, whereof it hath the name sciatica, and ouer that it he leth al diseases of the bladder and the bowels, goutte of the handes and of the feete, wyth other payne of the ioyntes, and the palsy.

¶.ii.

The

A declaracion

The two outward veynes vpon the angles, are good to be opened for retencion of the floures, they take away the sycknes of the spleene, and ease the payne of y^e backe strangury, and stone.

The two veynes vnder the litle toe are good to purge the superfluitie of the matryce, and to heale scrophulus of the face and the legges.

The two veynes adioynynge to the litle toe, cure the apoplexie, pelow cholere, palsy, and al dysleases of the reynes.

The two baynes in the lesser ioynte of the lytle toe, are opened in curynge of an olde cough, puffles, and ophthalmia in the eyes.

The two veynes in the myddle toe, are good agaynst the scrophules, and diseases of the face, spots, rednes, and pimples, watryng of the eyes, cankers and knobbes, & agaynst the stoppyng of the floures. The veine on the left ioynte in the great toe, is good agaynst ophthalmia of the eyes, spots of the face and the legges, yetch, and blacers of euyll complexion, and purgeth superfluities of the matryce. Thus muche I haue declared of the beilitie of veynes.

Finis.

The

The booke of children.



In begin a treatise of the cure of chyldren, it shoulde seme expediente, that we shoulde declare somewhat of the p^rinciples, as of the generacyon, they beeing in the wombe, the tyme of procedynge the maner of the byrth, the byndynge of h^e naryl, settynge of the members, lauatozies vnctions, swathynge, and entreatementes, with the circumstaunces of these and many other: whych if I shoulde rehearse in particles, it shoulde requyre bothe a longer tyme, and encrease into a greater volume. But forasmuche as the most of these thynges are very true and manifest, som per- taynyng onely to the offyce of a midwyfe, other for the reuerence of the matter, not mete to be dysclosed to euery vile person: I entende in thys booke to lette them all passe, and to treatate only of the thynges necessary, as to remoue h^e sickenesses, wherw^o

A.iii. the

The booke.

the tender babes are oftentimes affected, and desolate of remedy, forsomuch as many doe suppose that there is no cure to be ministered vnto them, by reason of theyre weakenes. And by that wayne opinion, yea rather by a folyshe feare, they forsake many that myght be wel recouered, as it shal appeare by the grace of God hereafter, in this litle treatyse, whē we come to the declaration of the medicines. In the meane season for confinitie of the matter, I entred to wyte somewhat of the nource, and of the mylke, with the qualities, and complexions of the same, for in that consisteth the chiefe poynte and summe, not only of the maintenance of health, but also of the fourming of infectyng epyther of the wytte or manners, as the Poet Virgil when he would describe an incurteis churlysh, and a rude condishioned tyrant, didde attribute the faulte vnto the gener of the mylke, as in saying thus.

Nec tibi diua parens, generis nec
Dardanus author,
Perfide, sed duris genuit te cautibus
horrens Caucasus, bircanaeque admo-
runt

runt ubera tigres.

For that diuine Poet beeyng throug-
hly expert in the p[ri]nciples of nature, vnder-
stode ryghte wel how great an alteracyon
euery thyng taketh of the humour, by the
whyche it hath hys alymente and noury-
shynge in the yowthe: whyche thyng al-
so was consydered and alleged of manye
wyse Phylosophers: Plato, Theopha-
stus, Xenophon, Aristotle, and Plinye,
who dyd al ascribe vnto the nourcemēt as
much effecte o[re] more, as to the generacyō.

And Phauorinus the Phylosopher (as
wryteth Aulus Gelyus) affyrmeth that if
the lambes bee nouryshe wyth the milke
of goates, they shal haue course wolle, like
the heare of goates: and if kyddes in lyke
maner sucke vpon shepe, the heare of them
shalbe soft lyke wolle.

Whereby it dooeth appeare, that the
mylke and nourishing hath a marueilous
effecte in chaungyng h[is] cōplexion, as we se
lyke wyse in herbes and in plantes, for let
the seede o[re] ympe be neuer so good & pure,
yet if they be putte into an vnkynde earth
o[re] watered wyth a noughtye and vnhol-

The boke.

some humoure, eyther they come not by
at all, or els they wil degenerate and turne
out of theyr kynd, so that scarce it may ap-
peare from whence they haue bene taken.
acco:dyng to the verse.

**Pomaeque degenerant, succos oblita
prioris.**

Wherefore it is agreyng to nature, so
is it also necessary and comly for the owne
mother to nource the owne chylde.

Which if it may be done, it shalbe most
commendable and hollesome, if not ye must
be wel aduised in takyng of a nource, not
of il complexion and of worse manners: but
suche as shalbe sober, honeste and chaste,
well fourmed, amiable and chearefull, so
that she maye accustome the infante vnto
mirth no dyonkarde, vicious nor sluttyshe
for suche corruptethe the nature of the
chylde.

But an honest woman, (suche as had a
man childe laste afore) is beste not wythin
two monethes after her deliuerance, nor
approchyng nere vnto her tyme agayne.
These thyngs ought to be considered of e-
uery wise persō, & wil set theire chyldre out
to nurce. Moreover, it is good to loke vpon
milke

of chyldren.

milke, and to see whether it be thicke and grosse, or to muche thinne & watrye, blackyshe or blew, or enclinyng to rednesse or yelow, for all suche are vnnaturall and euill. Likewyse when ye taste it in youre mouth, if it be eyther bitter, salt, or soure, ye may well perceyue it is vnwholesome.

That milke is good, that is whyte and swete, and when ye droppe it on your nail, and do moue your finger, neyther fleteth abroad at euery sterpyng, nor wil hang fast vpon your nayle, when ye turne it downward, but that whiche is betwene bothe, is best.

Sometyme it chaunceth that the mylk wasteth, so that the nurse can not haue sufficient to sustayne the child, for y^e which I wil declare remedies leauinge oute the causes for breuitie of time.

Remedies appropiate to the encreasyng of mylk in the brestes.

PAsneppe rootes, and fenell rootes
lodden in brothe of chickyns, and
afterwards eaten with a litle freshe
butter,

The Booke

butter maketh encrease of mylke within
the brestes.

An other.

The pouder of earthwozmes dzied and
dzonken in the brothe of a neates tounge
is a singuler experiment for the same intet

Also the broth of an olde cocke, wth mints
cinamome and maces.

Rice also sodden in cowes mylke, with
the crummies of white bread, fenell seede
in pouder, and a litle suger is exceadyng
good.

An other good medi-
cine for the same.

Take Chrystal, and make it in fine pou-
der, & mire it with as much fenell seede and
suger, and vse to dzink it warme with a li-
tle wyne.

A plaister for the encrease
of mylke.

Take fenell, and horehounde, of euery
one two handfule, anise seede foure drams
saffron a scruple in pouder, sweete butter
thre ounces, seeth the in water, and make
a plaister to be layd vpon y^e nurses brests.

These thynges haue proprietye to aug-
ment the mylke, dyl, anyse seede, fenell,
Chrystal,

of chyldzen.

Chyffall, hoozehounde, freshe cheese, honye, lettuse, beetes, myntes, carrette rootes, parsneppes, the dugges or bodder of a cowe or a sheepe, goates mylke, blanched almondes, ryce porrage, a cowes tongue dried and made in pouder, potched egges, saffron, and the iuyce of roasted bele dronken.

Thus muche of the nourse, and of the milke: now wyll I declare the infirmities of chyldzen.

Although (as affirmeth Plinie) there be innumerable passions and diseases, wherunto the bodye of manne is subiecte, and as well maye chaunce in the younge as in the olde: Yet for mooste commonye the tender age of chyldzen is chieflye vexed and grieved wpyth these diseases following.

Apostume of the brayne.

Swellyng of the heade.

Scalles of the heade.

Watchyng out of measure.

Terrible dreames.

The fallyng euill.

The palsey.

Crampe,

Stiffenes

The Booke

Stiffenes of lymmes.
Bloudshotten eyes.
Wattring eyes.
Scabbynesse and ytche.
Diseases in the eares.
Peasynge out of measure.
Bredynge of teeth.
Canker in the mouth.
Quinsye or swellynge of throte.
Coughe.
Streitnes of wynde.
Feblenes of the stomake and vomityng.
Pearing or hicket.
Colike and rumbling in the guttes.
Flur of the belly.
Stoppynge of the belly.
Wormes.
Swellynge of the nauill.
The stone.
Pyssynge in bed.
Brustynge.
Fayling of the skynne.
Chafynge of the skynne.
Small pockes and meascles.
Feuers.
Swellynge of the coddres.
Sacer ignis or chingles.

Burnynge

of chyldren.

Burnyng and scaldyng.

Rybbes.

Consumpcion.

Leaneſſe.

Gogle eyes.

Of the Apoſtumes of
the brayne.

If the filme that couereth the brayn
chaunceth oftentymes apoſtemaciō
and ſwelliſg, eyther of to much cry-
iſg of the chyld, or by reaſon of the mylk
immoderately hote, or exceſſe of heate in
the bloude, or of colde fleume, & is known
by theſe ſygnēs.

If it be of hote matter, the heade of the
chyld is vnnaturally ſwollen, redde and
hote in the felſyng: if it come of colde mat-
ter, it is ſomewhat ſwollen, pale and colde
in the touchyng, but in bothe caſes y^e chyld
cannot reſte, and is euer loth to haue hys
head touched, cryeth and bereth it ſelfe, as
it wer in a frenſey.

Remedy.

Make a bathe of mallowes, camomyll,
and lillyes ſodden with a ſhepes head, tyll
the

The Booke

the bones fall, and with a sponge or softe cloutes, all to bathe the head of the chyld in a colde apostume, with the brothe hote as maye bee suffered, but in a hote matter, weete the brothe luke warme, or in thee coolyng, and after the bath, sette on a plaister thus.

A playster.

Take fenugreeke, camomyll, woyme-wood, of euery one an handefull, seeth them in a close vessell, tyll the thyrd parte bee consumed, then stampe them in a mortar, and styre them, to the which ye shall put of the same brothe agayne ynoughe to make a plaister, with a litle beane floure, yolkes of egges and saffron, addyng to them freshe butter or duckes grease sufficiente, and applye it. In a colde matter let it lye a daie: but in a hote cause ye muste remoue every fyre houres.

Of swellynge of the heade.

Inflacion or swellynge of the head, commeth of a windye matter, gathered betwene the skinne and the fleshe, and sometyme betwene the fleshe and the bones of the scul, the tokens, whereof, are

of chyldren.

are manifest ynough to the syghte, by the swelling or puffing vp, and pressed wyth the finger, there remaineth a print, which is a sygne of winde and viscons humours, ye shall heale it thus.

Kenedy.

First let the nurse auoide all thynges that engender wynde, salte or slimpe humours, as beanes, peason, eeles, salmon, saltfishe and lyke: then make a playster to the chilles head after this fashon.

Take an handefull of fenell, smallache, and dylle, and seeth them in water in a close vessell afterwarde stampe them, and wyth a lytle cummyne, and oyle of bitter almondes, make it vp, and laye it often to the chilles heade warme. In defaulte of oyle of almondes take goscgreace, adding a lytle vineger.

And it is good to bathe the place with a soft cloute, or a sponge in the broth of these herbes: Rue, tynie, maioram, yslope, fenell, dylle, cummyne, sal nitre, myntes, radyshe rootes, rocket, or some of them, euer takyng hede that there droppe no porcion of the medicines in the babes eyes, mouth, or eares.

Scalles

The Booke
Scalles of the
heade.

The heades of chyl dren are often tymes blcered and scalled, as well when they sucke, and then moſte commonly by reaſon of ſharpe mylke, as alſo when they haue bene wayned, and can goe alone. Sometymes it happeneth of an euyl complexion of humours by eating of rawe fruite, or other euyl meats, and ſometyme by long contynuyng in the ſunne, many tymes by dropping of reſtye bakon, or of ſalte beefe on theyr bare heades.

Otherwhyles they bee ſo bozne oute of theyr mothers wombe, and in all theys is no great difficultie tyl the heare be growne but after that, they requyre a greater cure and a cunnynge hande, notwithstandinge as God ſhall geue me grace, here ſhall be ſayde remedies for the cure of them, ſuch as haue bene oftentymes approued wher in I haue entended to omitte the diſputacions of the difference of ſcales, and the humours wherof they doe procede, and wyll go ſtreight to the compoſicion of medycines, folowynge the good experience, here enſuyng.

of children.

ensuing.

Remedies for scalles.

If ye se the scalles like the shelles of oysters, blacke and drie, cleaninge vpon the skinne, one within an other, ye may make a fomentacion of hoate and moist herbes, as fenugreke, holy hocke, breres brette, linseed, and suche other, soddē al or some of them in the brothe of netes feete, and so to bathe the sores, and after that applie a soft plaister of the same herbes, with gosse grease or butter, vsinge this still, till ye se the scabbe remoued, and then wash it with the iuice of horehounde, smallach and betony, sodden together in wine, and after the washing put vpon it pouder of mirre, aloes and frankensence, or holde his head ouer a chafingdishe of coles, wherein ye shall put frankensence and saunders in pouder.

But if ye see the scabbes be very soze and mattrie with great paine, and burning of the head, ye shal make an ointmēt to coole the mater thus.

An ointment to coole the burning
of a soze head.

Take white leade and lytarge, of euery

R. 1,

one.

The booke

one.℥. Drammes, lie made of the ashes
of a vine.iii. Drammes, oile of roses, an ounce,
ware an ounce, melte the waxe firste,
than put to the oyle and lie, with the reste,
and in the ende.ii. yolkes of eggcs, make
an ointment, and laye it to the head. This
is the composicion of Kasis.

An other ointment singuler for
thesame purpose.

Take bettorie, groundswell, plantaine,
fumitory, and dailcs, of euery one like
muchc, stampe them, and mingle them
with a pounce of fresh swines greace, and
let them stande closed in a moist place. vili
daies, to putrify, than frie them in a pane,
and straine them into a cleane vessel, and
ye shall haue a grene ointment of a singu-
ler operacion for the saide discale, and to
quenche al vnkinde heates of the body.

Also ye must vse to shaue the head, what-
soeuer thinges ye do lay vnto it.

If there lacke the cleanninge of the sores,
and the childe weaned, ye shall do well to
make an ointment of a litle turpentine,
bulles gall, and hony, & lay vpon the sores.

Also it is proued, that the brine of a bulle
is a singuler remedie to mūdify the sores,
and

of children.

and to lose the heares by the rooies, without any paine or perelle.

The iuice also of mozell, daisie leaues & groundswell fried with greace and made in an ointment, coleth all unkind heates and puffles of the head.

Here is to be noted, that during this disease in a sucking childe, the nourse muste auoide all salt, and sower meates that engender cholere, as mustarde, vineger, and such: and almaner fruites, (except a pomegranade) and she must abstaine in this case, both from egges, and from other kinde of white meates in generall, and aboue all she may eate no dates, figges, nor purcellane, for many holde opinion that purcellane hath an euill propertie to breede scabbes and blcers in the head.

Moreover the chldes heade maye not be kept to hote, for that is oftentimes the cause of this disease.

Sometymes it chanceth y there breedeth in the head of childre as it were little wartes or knobbes some what hard, & can not be resolued by the said medicines. Wherefore whē ye se y none other thig wil helpe, ye shal make a good ointment to remoue it,

The booke

in maner as hereafter is declared.

An excellent remedy for wartes
or knobbes of the head.

Take litarge and white lead, of eche a
like quantitie, brimstone and quicke siluer
quenched with spittle, of eche a lesse quan-
titie, twice as much oile of roses, and a spo-
nefull or two of wineger, mixe them alto-
gether, on a marble, til they be an ointment
an lay it on the head, and when it hath ben
dry an houre or .ii. washe it of with water,
wherein was sodde maioran, saucery and
mintes, vse it thus twice a daye, morninge
and euening, till ye see it hole. This thing
is also good in all the other kind of scalles.

Of watching out of measure

Sleepe is the nourishment and foode
of a sucking child, and as much re-
quisite as the very teate, wherefore
whan it is depriued of the naturall rest, all
the hole body falleth in distemper: cruditie
and weakenes, it proceedeth commonly by
corruption of the milke, or to muche abou-
dauice, whiche ouerlabeth the stomack, &
for lacke of good digestion, vapours and
fumes

of children.

fumes arise into the heade, and infect the
braine, by reason whereof the childe can
not slepe, but turneth and bereth it selfe
with crying.

Therefore it shalbe good to prouoke it to a
naturall slepe thus, according to Rasis.

Annoint the forehead and temples of the
child, with oyle of violets and vineger, put-
ting a drop or two in the nosegayles, and
if ye can gette any sirupe of popie, geue it
the childe to licke, and than make a plaister
of oyle of saffron, lettuse, and the iuice of
poppy, or wette cloutes in it, & lay it ouer
thwart the temples.

Also the seades and the heades of pop-
pie, called chesbolles, stamped with rose-
water, and mirte with womans milke,
and the white of an egge, beaten all toge-
ther and made in a plaister causeth the
childe to receiue his naturall slepe.

Also an ointment made of the seede of
poppy and the heades, one ounce, oyle of let-
tuse, and of poppy, of eche. ii. ounces, make
an ointment and vse it.

They that can not gette these oiles may
take the herbes, or iuice of lettuse, purce-
lane, house leke, and poppe, and with wo-

The boke

mans milke, make a plaister, and lay it to the forehead.

Oyle of violettres, of roses, of nenuphar are good, and oile of populeon, the broth of matlowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare in the slepe.

Sometimes it happeneth that the childe is afraid in y slepe, and sometimes waketh sodainly, and stretcheth, somtyme shriketh and trebleth, which effect commeth of the arising of stinkinge vapours out of the stomake into the fantasie, and senses of the braine, as ye maye perceiue by the breath of the childe: wherefore it is good to geue him a litle hony to swallowe, & a litle powder of the seedes of peonie, and sometimes triacle, in a litle quantitie with milke, and to take heed that the childe sleepe not with a full stomake, but to heare it about wakinge, till part be digested, and whan that it is laide, not to rocke it muche, for ouermuche shakinge letteth digestion, and maketh the childe many times to vomite.

The

of children.

The falling euill called in the
greke tonge epilepsia.

NOt onely other ages but also litle
children, are oftentimes afflicted,
with this greuouse sickenes, some
time by nature receiued of the parentes, &
than it is impossible, or difficile to cure,
sometime by euill & vnholosome diet, wher-
by there is engedred many cold and moiste
humours in the braine, whereupon this
infirmity procedeth, whiche if it be in one
that is young and tender, it is very harde
to be remoued, but in them that are some-
what stronge, as of seuen yeares and up-
warde, it is more easie.

I finde that many thinges haue a na-
tural vertue againste the falling euill, not
of any qualitie elementall, but by a singu-
ler propertie, or rather an influẽce of hea-
uen, whiche almightie God hath geue vn-
to thinges here in earth, as by these and
other.

Saphires, smaragdes, red corall, plover,
my, mistletowe of the oke, taken in the
moneth of Marche, and the moone de-
creasyng, tyme, saucin, dille, and the
R.iii. stone

The hoke

stone that is founde in the bellie of a yong swallow, being the first broode of the dame. These or one of them, hanged about the necke of the child, saueyth and p̄serueth it from the said sickenes. Now wil I describe some good and holsome medicines to be taken inward for the same disease.

If the child be not very young, the malwe of a leueret, dronke with water and hony cureth the same.

A medicine for the falling sicknesse.

Take the roote of piony, and make it into powder, and geue it to the child to lick in a litle pappe and suger.

They that are of age, may eate of it a good quantity at once and likewise of the blacke seedes of the same piony.

Item the purple biolettes that creapeth on the ground in gardenes with a longe stalke, and is called in englishe hearteseale dronken in water, or in water and honye, helpeth this disease in a young childe.

Moreouer the muscle of the oke rased and geue in milke, or in water and honie, is good.

Also ye may still a water, of the floures of
lind,

of children.

kind, it is a tree called in lati tilia, the same wherof they make ropes and halters of the barke, take the same floures and distill a water, and let the patient drinke of it now and than a sponesfull, it is a good remedy.

Item the roote of the sea thistle called *Erigium* in latin, eaten in broth or dronken, is exceeding good.

Some write that cicorpe is a singuler remedy for the same disease. It is might by wilde cicorie, growing in the cornes.

The floures of rosemary, made in a cōserua hath the same effect in curinge this disease.

I could declare many other remedies cōmended of authours, but at this time these shalbe sufficient.

Nowe I will entreate somewhat of the palsey.

Of the palsey or shaking of membes.

The cure of the palsey in a childe, is not like to that whiche is in elder age, for the sinues of a childe be verpe nesthe and tender, and therfore they ought to haue a much weaker medicine, euermore regarding the power of the sicknes, and

The booke

and the vertue of debilitie of the grised patient.

For sometimes the childe can not lyste neither legges nor armes, which if it happen during the suckinge, than muste the nource vse a diet enclining to hote & drie, & to eate spices, as galingale, cinamome, ginger, macis, nutmiggess and suche other, w^{ch} roasted and fried meates, but abstaine fro milke & almanet fish. And it shall be good for her, to eate, a lectuarie made after this sorte. Take mintes, cinamon, cumine, rose leaues dried, mastike, fenugreke, valerian, ameos dozoni, zedoary, cloues, saunders, and lignu aloes, of euerye one a drāme, muske half one dramme, make an electuary with clarified hony, and let her eate of it, and geue the childe as muche as halfe a nut euery daie to swallow.

A plaster.

Take an ounce of ware, and a dramme of euphorbium, at the potecaries, and temper it with oile oliue on the fier, and make a seret cloth, to comforte y^e backe bone, and the sinelwes.

A goodly lanatory for the same purpose.

Take

of children.

Take lic of ashes, and seeth therein baye
buries, and as much piony sedes, in a close
vessel to the thirde part, and wash the child
often with the same.

Item a bathe of sauery, maiorim, time,
sage, nepte, smallage, and mintes, or some
of them is very good and hollesome.

Also to rubbe the backe of the childe and
the lummes, with oiles of roses and spike,
mirt together warme, and in stede of it
ye may take oyle of baies.

Of the crampe or spasmus.

This disease is often sene amonge
children and commeth very lighte-
ly, as of debilitie of the nerues and
cordes, or els of grosse humours, that suf-
focate the same: the cure of the which is de-
clared of authours to be done by friccions &
ointmentes that comfort the sinowes and
dissolue the matter, as oyle of flooredelui-
se, with a litle anise, saffron and the rotes
of piony.

Item oile of camomil, fenugreke, and mellis-
lote, or the herbes sodden, betony, worme-
wood, beruine, & time, are exceeding good
to washe the childe in.

Item the plaister of euphorbium,
written

The booke

written in the cure of palsey.

Of the stiffness or sturkeness
of limmes.

Sometimes it happeneth that the
limmes are starke, and can not well
com together without the greater
peine, which thing procedeth many times
of colde, as whan a childe is sounde in the
frost, or in the strete, cast away by a we-
ked mother, or by some other chaunce, al-
though I am not ignoraunt that it maye
procede of many other causes, as it is said
of Rasis, and of Arnolde de villa noua, in
his booke of the cure of infantes.

And here is to be noted, a wonderfull
secrete of nature, many times approued,
written of Auicenne in his firste Canon,
and of Celius Antiquarū electionū, libro.
xiii. capit. cxxvii. that whā a member is
terly benumbed and taken through cold,
so that the pacient can not feele his lim-
mes, nor moue them according to nature,
by reason of the behemēt of congelaciō of
the bloud, in such case y chiefest help or re-
medy is not to set thē to the fier to receiue
heat, for by that meanes, lightly we se that
euery one knoweth and many dye ouer-
right,

of child:ren.

right, but to sette the feete, legges, and armes, in a paille of clere colde water, which immediatly shall dissolue the congelacion, and restore the bloud to the former passage and freedom, after that ye may lay the pacient in a bedde to sweate, and geue him hote drinke and candels or a coles of a capon hote, with a litle cinamome and saffron, to comfort the hart. An argument of this cure ye may se thus.

When an apple or a peare is frosen in the winter, sette it to the fier, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afore, wherby it doth appere, that the water resolueth cold, better with his moisture, than the fier can do by reason of his heate: for the water relenteth and the fier droweth and drieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteeme it best for to bath the body in luke warme water, wherein hath bene sodde maioran and rume, aspe, sage, mintes,

The booke

tes, and suche other good and comfortable herbes, then to relieue it with meates of good nourishment, accordinge to the age and necessitie, and if neede be, when ye se the limmes yet to be starke, make an ointment after this fourme.

An ointment for stiffe and stained limmes.

Take a good handefull of nettels, and stampe them, then seth them in oile to the third part in a double bressell, kepe that ointment in a drie place, for it wil last a greate while and is a singuler remedie for y^e stiffness that cometh of cold, and whoso anointeth his handes and fete with it in y^e morning, shal not be greiued with colde all the daye after.

The sedes of nettels gathered in haruest and kept for thesame entente, is exceedinge good sodden in oile, or fried with swines grece, whiche thinge also is verie good to heale the kybes of heeles, called in laccin Verniones. The vyne of a goate with the donge stamped and laied to the place, resolucth the stiffness of limmes.

When the cause cometh not by extreme colde, but of some other affection of the sinowes

of child:en.

nowes & cordes, it is best to make a bath
or a fomentacion of herbes that resolute &
comfort the sinowes, with relaxation of y
grosse humors, and to open the pores, as
by example thus.

Take malowes, holyhocke and oil, of eche
a handfull or two, sieth them in the water
of netes fete, or in broth of fleshe without
salt, with a handfull of branne and cummu
ne, in the whiche ye shal bath the childe, as
warine as he maye suffer, and yf ye se ne
cessitie, make a plaister with the same her
bes, and laye it to the grieve with a litle
golegrece, or duckes grece, or if it may be
gotte, oile of camomil, of lilies, and of oil.
Cloutes wette in the said decoction, & laide
about the members helpeth.

Of bloud shotten eyes, and other
infirmities.

Sometime the eyes are bloudshotten, &
other whiles encreasing a filthi and white
humour, couering the sight, the cause is
often of to muche crying, for the whiche it
is good to drop in the eyes a litle of the
juice of nightshade, other wise called mo
rell, and to annointe the foreheade with
the same, and if the eye swell, to wette a
cloute

The booke

cloute in the iuice, and the white of egges,
and lay it to the grieve.

If the humour be clammythe & tough,
and cleueth to the corners of the eyes, so
that the child can not open them after his
sleepe, it shalbe remoued with the iuice of
hondeke, dropped on the eye with a fether.

When the eye is bloudesthotten and
redde, it is a singuler remedy to put in it
the bloud of a young pigeon, or a doue, or
a partriche, either hoate from the birde, or
els dried and made in pouder, as subtil as
may be possible.

A plaister for swelling and paine of the eyes.

Take quinces and crummes of white
bread and seeth them in water till they be
softe, then stampe them, and with a litle
saffro and the yolkes of two egges, make
a plaister to the childes eyes and forehead.
Ye maye let him also receiue the fume of
that decoction. It is also good in the mel-
grin: if ye wil haue further, loke in the re-
giment of lif, in the declaracton of paines
of the head.

Of watring eyes.

2
Of watering eyes

Of the childrens eyes water, overmuch
without crying by reason of a distilla-
tion coming from the head. Manardus
hath a goodly plaister, to refrain
tearumes, & is made thus
Harts horn burnt in powder. & wash
twise, guaiacum, otherwise called
ignum sanctum, corticum thuris,
antimonie, of each one part, make
the iii part of one part make a
fine powder & use it with the juice
of water of fenel. These things have
virtue to staunch the running of the eyes.
The shells of Snails burnt, the tick that
is found in the duggs of hine, philip-
endula, frankensence, & the white of an
egg layed upon the forehead, flewort

The booke

cloute in the iuice, and the white of egges,
and lay it to the grieve.

If the humour be clammythe & tough,
and clemeth to the corners of the eyes, so
that the child can not open them after his
sleepe, it shalbe remoued with the iuice of
houseleke, dropped on the eye with a fether.

When the eye is bloudesthotten and
redde, it is a singuler remedy to put in it
the blood of a young pigion, or a doue, or
a partriche, either hoate from the birde, or
els dried and made in pouder, as subti! as
may be possible.

A plaister for swelling and paine of the eyes.

Take quinces and crummes of white
bread and seeth them in water till they be
softe, then stampe them, and with a litle
saffro and the yolkes of two egges, make
a plaister to the chilles eyes and forehead.
He maye let him also receiue the fume of
that decoction. It is also good in the me-
grim: if ye wil haue further, loke in the re-
giment of lif, in the declaracton of paines
of the head.

Of watering eyes.

Of watering eyes

If the childrens eyes water overmuch
without crying by reason of a distilla-
tion coming from the head Manardus
prescribeth a goodly plaister, to restrain
the reumes, & is made thus
arts horn brent in powder, & wash
twice, guaiacum, otherwise called
ignum sanctum, corticum thuris,
antimonie, of each one part, make
the iiii part of one part make a
fine powder & use it with the juyce
or water of fenel. These things have
virtue to staunch the running of the eyes.
The shells of snails brent, the tick that
is found in the duggs of hine, philip-
pendula, frankensence, & the white of an
egg layed upon the forehead, flewort

on the water wherein it steeped, tute
the water of Buds of Oak stilled, be
floure finely sifted, & with the gum
a Cherry tree steeped in vinegar, & laye
over all the temples

9 of Scabbines and ytche
Sometime by reason of excess of heat
or sharpness in the milk, through the
nourishing eating of salt & cygre meat
it happeneth that a child is seen full
of ytch by rubbing, frettinge, & chafing
of itself, encreasing a scab called of
grecke Phora: which thing also chance
unto many after they be weaned, pro
ceeding of salt & aduste humours, the
cure whereof differeth in none other
but according to the difference of age
for in a sucking Babe of medicines
may not be so sharp as it may be suff
in one that is already weaned, ag
ainst such unkind ytch, ye may

ed, tute make an oymtment thus.

led, be Take water of betony, two good
gum handfulls, dayssy leaves, & alehoofe other-
& laye wise caled sudonour or groundyayle,
of each one handfull, the red dock
toke roots, two or three, stamp them altoge-
of heat ther, & grind them well then mingle
h the them with fresh grece & agayne stamp
e meat them.

n full Let them so stand 8 days to putrify tyl
chafne it be hoare, then frye them out &
led of strayne them & keep it for y^e same extent.

chance This oymtment hath a greatesse effect
rice, p both in young & old, & that without reper-
urs, the cussion or driving back of the matter,
ne other which shoulde be a perilous thing for
of age a young child.

icine The herb water betony alone, is a
he suff great medicine to quench all un-
ed, as kind heats without danger or the
may sethyng of it in clear well water

is annoynted the members. It is a
Common herb & groweth by rivers
fides, & small running waters, & wet
places, crying many times the hegg
of a man out of the ground where he
rejoyceth, with a stalk foure square
& many branches on every side & also
it beareth a whitish blew floure very
small, & in harvest it hath innumerable
seeds, black, & as fine as the seed of tut-
stone or less, the leaves big & long ac-
cording to the ground, full of juice.
jagged on the fides like a saw, even
as other betony, to whom it approacheth
in figure, & obtaineth his name of wa-
ter betony The favour of the leaf is
somewhat heavy, most like to the fa-
vour of elders or walwort, but when a c
it is grused it is more pleasant, which
thing induceth me to vary from
minds of them that think this herb in

to be Galioffis in Dioscorides, written
him that it should stynk when it is
stamped, but the more this herb is
stamped, the more sweet & herb like
it savoreth: therefore it cannot be
galioffis, & besides, that it is never
found in dry & stony ground as the
galioffis is. Neither is this herb men-
tioned of the new or old authers:
as far as I can see, but of only vigo,
the famous surgion of our time in
Italy which writeth on it, that this
herb exceedeth all others in a mals-
mor tuo (so calleth he a hynde of
leproye, elephanticke, or an universal
filthie scab of all the body:) & in like
manner he saith it is good for to cure
cankers in breasts, ye may read
these things in his ii. book, Ca iii. &
in his fifth booke of the French Pockes,
in the third chapter where he doth